

# EngAGE UNLEY



Photo - Wellbeing bus trip participants enjoying lunch with a view at Henley Beach

## Welcome

Welcome to the Spring edition of Engage Unley. If you've been wrapped away inside for Winter you'll find a host of reasons to get out and about in the community, meet others and try something new as the weather warms up.

EngAGE Unley is specifically designed for older adults living in the City of Unley. Inside each edition you'll find practical tips and information about activities, services and supports available in your community.

If you'd like our Summer edition delivered straight to your inbox, please email [WellbeingProgram@unley.sa.gov.au](mailto:WellbeingProgram@unley.sa.gov.au). As always, if you have ideas for things you'd like included, or are looking for information or services relevant to older adults, email or call us on 8372 5198.

Extensive research has identified that no matter our age or stage of life, there are seven behaviours that make the most difference to our wellbeing and experience of life.



- 1 Connect with others
- 2 Be active
- 3 Keep learning
- 4 Take notice of your surroundings, thoughts and feelings
- 5 Help others
- 6 Eat well
- 7 Sleep well

Together these help us live longer, happier lives, and cope with stress or change. Every small action we take is a step in the right direction.

Inside this edition you'll find a host of activities that will help you connect with others in the Unley community.

## Did you know?

### Having trouble with Possums?

Possums are common in the City of Unley and are often found in backyards munching on fruit or running across rooves at night.

Did you know that you are not allowed to trap a possum unless you have a permit? This permit (provided by the Department of Environment and Water) allows you to safely trap and release possums.

Otherwise, a qualified pest control specialist may be more beneficial as they can look at options to possum-proof your house or backyard. A simple Google search for 'possum removal Adelaide' will bring up some companies you can contact.

Council is not authorised to trap possums, and therefore cannot assist in the capture of possums on either private property or Council land.

### Bees and European Wasps

If you find bees on private property you should call an apiarist. As bees are a native animal, they should not be poisoned or sprayed. An apiarist can safely remove the hive from your property. The [Beekeepers Society of SA](#) has a contact list on their website.

European Wasps are an introduced species, and Council can assist with their removal on both private property and Council land. If you believe there is a nest on your property, we do ask that you do a 'meat test' with ham, chicken (or the like) or pet food, and if they seem interested in the food, there is a good chance they are European Wasps. This can also help you identify where the nest is, as we do need the location to attend the site. Council inspectors will attend the property and, when confirmed that they are European Wasps, they will engage a contractor to remove them.

You can contact Unley Council on 8372 5111 if you need further advice or information on European Wasps.

## Belles Breakfast

Belles Breakfast is a social program for women and is a wonderful opportunity to make new friends in a safe, and friendly environment.



It's a chance to meet other women living in your community. A range of interesting speakers or activities follow the breakfast each week. There are so many benefits in regular connections and positive social support.

Held on Thursday mornings at the Unley Park Sports Club, 8 Northgate St, Unley Park.

Time: 9 to 11am

Phone: 8372 5198

All-inclusive cost: Level 1: \$13, Level 2: \$19

## 3G network switch off

From 1 September 2024, major telecommunications providers will be switching off their 3G network. This may impact some people using 3G enabled devices, such as personal medical or alert alarms.



**From 1 September 2024, major telecommunication providers will switch off their 3G networks.**

If you are unsure if you will be affected, please contact your provider, or to check if your device will be affected visit: [www.3gclosure.com.au](http://www.3gclosure.com.au)

# Put a **SPRING** in your step – join a **WALKING** Group

It's no news that walking is good for your health. It boasts a series of healthy ageing benefits for older adults, including reducing the risk of cardiovascular disease, Type 2 diabetes, and dementia. Additionally, it can lead to improvements in sleep, mental wellbeing, and living longer.

Walking groups are also a great way to meet and mingle with others. Spending time with other people makes us feel good, activates our brain, and reduces loneliness and social isolation.

Walking groups in Unley cater for a range of ages and walking paces.

**Grab a friend and take a walk or make new friends at a local walking group.**

**Your health will thank you for it.**



## **Easy Paced Walking Group**

Join our easy paced group for a 30 to 40 minute walk around the local area, at your own pace. After the walk, join the group for coffee and conversation at a local café. See page 6 for more information.

Phone: 8372 5198

Email: [WellbeingProgram@unley.sa.gov.au](mailto:WellbeingProgram@unley.sa.gov.au)

Website: [unley.sa.gov.au/Events-directory/Easy-Paced-Walking-Group](https://unley.sa.gov.au/Events-directory/Easy-Paced-Walking-Group)

## **Walking Group – Clarence Park Community Centre**

A social way to get fit, walk to King William Road for coffee, have a chat and enjoy the local scenery.

Address: 72-74 East Avenue, Black Forest

Phone: 8293 8166

Email: [pobox1@unley.sa.gov.au](mailto:pobox1@unley.sa.gov.au)

Website: [unley.sa.gov.au/Events-programs-facilities/Facilities-venues/Community-Centres/Clarence-Park/CPCC-Events-and-Programs/CPCC-Health](https://unley.sa.gov.au/Events-programs-facilities/Facilities-venues/Community-Centres/Clarence-Park/CPCC-Events-and-Programs/CPCC-Health)

## **Unley Explorers Walking Group**

Enjoy a leisurely, social walk through the streets of Unley with like-minded locals. People, pets, prams, walkers, gophers, and wheelchairs, all are welcome!

Address: 18 Arthur Street, Unley

Phone: 8372 5128

Email: [pobox1@unley.sa.gov.au](mailto:pobox1@unley.sa.gov.au)

Website: [unley.sa.gov.au/Events-directory/UC-24-Unley-Explorers-Walking-Group](https://unley.sa.gov.au/Events-directory/UC-24-Unley-Explorers-Walking-Group)

## **Unley Walkers (Heart Foundation Walking Group)**

Build connections in your community and walk together for a healthy heart. 9.30am every Wednesday. See the website for further details.

Meeting point: 160 Unley Road, Unley

Phone: 8373 2132

Website: [walking.heartfoundation.org.au/walking/group/unley-walkers](https://walking.heartfoundation.org.au/walking/group/unley-walkers)

# Commonwealth Home Support Program (CHSP)



## Care Finder Program

### Care Finder Program: Helping You Navigate Aged Care

The Care Finder Program is designed to assist older Australians in navigating the aged care system. Here's how it works and how you can access this valuable service.

### What is the Care Finder Program?

The program provides personalised assistance to help older adults understand and access the aged care services they need. The program is especially beneficial for those who may find it challenging to navigate the system on their own due to factors such as language barriers, health issues, or social isolation.

### How Does it Work?

A Care Finder will work one-on-one with you to:

- Understand your needs and preferences.
- Provide information about available aged care services and supports.
- Assist with completing forms and applications for services.
- Arrange for assessments and referrals to appropriate services.
- Support you in accessing My Aged Care and other relevant services.

Care Finders are skilled professionals who have extensive knowledge of the aged care system and are committed to ensuring you receive the support you need.

**For more information or assistance, please phone us on 8372 5198 - or contact My Aged Care directly. Your wellbeing is our priority, and we are here to help you.**

### Who Can Access the Care Finder Program?

The Care Finder Program is available to older Australians who:

- Are eligible for aged care services.
- Have difficulty understanding or accessing aged care services.
- Do not have a carer or family member who can assist them.

The program prioritises individuals who are socially or economically disadvantaged, those with dementia or other cognitive impairments, and people from diverse backgrounds.

### How to Access the Care Finder Program

Accessing program is simple:

- 1. Contact My Aged Care:** Call the My Aged Care contact centre on 1800 200 422 and they will connect you with a local Care Finder service.
- 2. Visit the My Aged Care Website:** You can find more information and request a Care Finder through the My Aged Care website at [myagedcare.gov.au](https://myagedcare.gov.au).
- 3. Referral from a Health Professional:** Your GP, social worker or other health professional can refer you to the Care Finder Program.

### Benefits of the Care Finder Program

- **Personalised Support:** Tailored assistance based on your individual needs.
- **Simplified Processes:** Help with understanding and navigating the aged care system.
- **Peace of Mind:** Knowing you have a dedicated professional to guide you through each step.

The Care Finder Program aims to make the journey through aged care easier and more manageable, ensuring you get the right support when you need it.

# Scam Alerts

Criminals are calling people and pretending to be from the National Anti-Scam Centre.

They tell you that your phone number is being used in a scam in China (or elsewhere) and offer to help you 'clear your record'.

These scammers work hard to get your trust, then try to steal your personal information and money.

Hang up on unexpected callers who say they're investigating a scam because it's probably a scam!

The National Anti-Scam Centre will never ask for personal details, money, or financial information.

## How to spot a scam

Many phone or internet scams can be hard to identify because scammers can make a call or website look like it's from a legitimate number or company, including government departments, banks or the police.

Anyone calling and behaving like this is probably a criminal. Hang up immediately and report the scam.

## Stay protected

**STOP** – Don't give personal or financial information or money. Don't click on any links on your phone or computer if you're unsure. Say no, hang up, delete.

**CHECK** – Scammers pretend to be from organisations you know and trust – like myGov, your bank, the police or government. You can check if the call, message, or email is real by calling the official phone number of the organisation using contact details you find yourself.

**REPORT** – The more we talk, the less power they have. Report scams to Scamwatch. By speaking up, you protect others and stop scams before they happen. Better safe than scammed.



If you've been affected

- If you have lost money, contact your bank or financial institution immediately.
- If you've had personal information stolen or need support to recover from a scam, contact IDCARE on 1800 595 160.
- Help others by reporting scams to Scamwatch.
- Tell your friends and family: you can share your experience, get support, and help to protect others from scams.

## Who is the National Anti-Scam Centre?

The National Anti-Scam Centre is where government and industry work together to protect Australians.

They use their shared resources and smarter analytics to cover blind spots, strengthen weak links and use data to react faster, stopping scams before they happen.

Their aim is to make Australia a harder target for scammers.

For more information about how to avoid or report a scam, visit the Scamwatch website - [scamwatch.gov.au](https://scamwatch.gov.au)

# Social Support Programs

## CHSP social and wellbeing programs assist people to participate in community life, stay well, be active and remain independent.

Social program participants need to be able to move and walk independently. For everyone's safety and enjoyment we reserve the right to review or withdraw participation if needed. Should you experience a significant decline in your health, please let

us know. We may be able to offer an alternative program or service.

For further information on our programs or to make a booking, please email [WellbeingProgram@unley.sa.gov.au](mailto:WellbeingProgram@unley.sa.gov.au) or call us on **8372 5198**.

### Gentle reminder:

Just a gentle reminder when purchasing social program tickets, the tickets are not refundable but can be transferred or shared between participants.



### Tai Chi Class

Tai Chi is an ancient Chinese martial art practiced as a graceful form of exercise. It involves movements performed in a slow, focused manner accompanied by deep breathing. Benefits of Tai Chi include decreased stress, anxiety and depression, and improved mood, energy and stamina, balance and agility.

Join us on Mondays at Unley Oval Community Hub, 1 Trimmer Terrace, Unley.

**Class** 10-10.45am

**Cost:** Level 1- \$9 per class;  
Level 2- \$12 per class



### Better Balance Classes

Better Balance classes are specifically designed to improve your balance. Our Accredited Exercise Physiologist, Jenny, will guide you through a range of exercises targeted at preventing falls. The class aims to enhance your balance and confidence while building strength and endurance - all in a fun and social environment.

Join us on Thursdays at Fullarton Park Community Centre, 411 Fullarton Road, Fullarton.

Classes at 11am and 12 noon.

**Cost:** Level 1- \$9 per class;  
Level 2- \$12 per class



### Easy Paced Walking Group

Do you enjoy walking but find other walking groups are too fast and you can't keep up? Join our easy-paced group for a 30 to 40 minute walk around the local area, at your own pace. After the walk, join the group for coffee and conversation at a local café. All abilities and mobility devices are welcome, with rests along the way for those who need them.

The group meets at 10am on Tuesday mornings at Unley Oval.

**Cost:** Gold coin donation

**Level 1:** Aged Pensioners, Disability Pensioners or Self-Funded Retirees with a Commonwealth Seniors Health Card

**Level 2:** Self-Funded Retirees with no Commonwealth Seniors Health Card

# Commonwealth Home Support Program

The City of Unley provides a range of services and supports funded by the Commonwealth Home Support Program (CHSP). A current My Aged Care referral is required to access all CHSP identified programs and services, including Social Support, Respite, Domestic Assistance, Gardening, and community car transport. Co-contribution costs depend on your level of income.

For more information or support with the process, contact My Aged Care on 1800 200 422 to arrange a referral.



## CHSP Friendly Visiting Program – Expressions of Interest

Are you looking for some extra company and support? We are seeking expressions of interest for our Friendly Visiting Program which helps connect you with a caring volunteer who can brighten your day with a visit.

This can include a chat at your home or a catch-up at your local coffee shop. Our volunteers can stay with you at an appointment or offer support joining a social group or program.

Whether you need companionship or assistance, we're here to help you stay connected and engaged in your community.

Whatever you choose, our Friendly Visitors are here to make your day brighter and more fulfilling.



## Wellbeing Phone calls

Are you interested in having a regular phone call from our friendly volunteer?

Enjoy a chat with our volunteer about how you are doing and what you have been up to, or about shared interests or hobbies.

Regular phone conversations can be on a weekly, fortnightly, or monthly basis.

This is a free service.

## Technology Assistance

Do you need some assistance with technology? We have some very knowledgeable volunteers ready to assist you with your IT needs in your own home. They can help with your laptop, computer, iPad, tablet, or smartphone or even re-program your television for you!

**Cost:** Level 1: \$7.50, Level 2: \$10.50 per visit

For more information on any of our CHSP programs or to express your interest in Friendly Visiting, please contact the CHSP program on 8372 5198 or email [CHSP@unley.sa.gov.au](mailto:CHSP@unley.sa.gov.au)

### Upcoming Exhibitions at the Goodwood Community Centre

Goodwood Community Centre, 32-34 Rosa Street, Goodwood

Phone 8372 5143 or email [gcc@unley.sa.gov.au](mailto:gcc@unley.sa.gov.au)



### Tuesdays 2pm – 3pm

#### Smart Seniors

This is an opportunity for all seniors looking to work their brain power! These free sessions will challenge your brain and will provide the perfect space for you to connect with others whilst playing some fun games.

**Cost:** Free, bookings essential



Game Activities Program

### Mondays, 1 – 3pm

#### Game Activities program

Join us weekly to engage in a diverse range of games, including chess, cards, taboo, charades, celebrity heads, table tennis, and more. Feel free to bring your own favourites to share with others in a social atmosphere. Enjoy a cup of coffee or tea while spending time with others.

For adults and seniors.

**Cost:** Free, bookings essential



### Tuesday 11 October, 10am – 11am and Tuesday 22 October 7- 8pm.

#### Restoring our mental health – one neurone at a time! Changing our diet-change our mind.

Presented by Dr Carolyn Harris, Nutritional GP from Thrive Practice with 30 years' experience as a specialist GP.

We'll explore which foods, exercises, and lifestyle choices best support our nervous system and overall wellbeing. As a community we are experiencing increased mental health and metabolic issues. What are we missing and where are we going wrong? How can we turn this situation around?

**Cost:** Free, bookings essential



### Upcoming Exhibitions at the Unley Library and Town Hall

Unley Civic Library, 181 Unley Rd, Unley | Unley Town Hall, Oxford Terrace, Unley

Bookings essential, phone 8372 5100 or online [unley.sa.gov.au/libraryevents](https://unley.sa.gov.au/libraryevents)



#### Thursday 12 September 6.30 – 7.30pm, UnleyTown Hall

##### An Evening with Dr Cate Howell

For this Women's Health Week event, Dr Howell will share insights and strategies on how to manage mental health, stress, and other important topics.

Bookings: \$5 on booking



#### Thursday 26 September 6.30 – 8pm, UnleyTown Hall

##### AuthorTalk with Panel Q & A

Join author Tim Forcey for a panel discussion offering tips and strategies on how to convert where you live into an efficient, healthy, and comfy space suitable for our all-electric future.

Bookings: \$5 on booking



#### Thursday 7 November 6.30 – 7.30pm, UnleyTown Hall

##### AuthorTalk with Laura Di Martino

Join local author Laura Di Martino as she delves into the fascinating history of local Adelaide immigrant Carlo Bodoni.

Bookings: \$5 on booking

## Community Centres

Did you know the City of Unley has four community centres located at Clarence Park, Goodwood, Fullarton Park, and Unley.

Our annual program is packed with weekly activities, and there are always new things on offer.

To find out more visit [unley.sa.gov.au](https://unley.sa.gov.au) and search for community centres, or call us on **8372 5111**.

## Upcoming Exhibitions at the Fullarton Park Community Centre

Fullarton Park Community Centre, 411 Fullarton Rd, Fullarton

Phone 8372 5180 or email [fpcc@unley.sa.gov.au](mailto:fpcc@unley.sa.gov.au)



### **Mondays, 1.30pm – 3.30pm**

#### **Seniors Table Tennis**

Social table tennis offers physical and mental health benefits, fosters social connections, and contributes to a vibrant community for seniors. So, come and join in the fun and meet new, like-minded people.

**Cost:** \$3 per session, paddles and balls provided



### **Fridays, 10am – 12.30pm**

#### **Friday Social Art Group**

A friendly and welcoming group who get together weekly to paint and have a chat and a laugh. New members always welcome. Bring your own art supplies.

**Cost:** \$3 per session



### **Tuesdays, 10am – 3pm**

#### **Tuesday Stitchers**

We are a group of friends who have stitched together for a long time, tackling all types of embroidery, knitting, crocheting, patchwork and using various textiles. We share ideas, skills, and our love of needlecraft. New members are always welcome.

**Cost:** \$3 per session

For more information contact the centre or phone Claire Edwards, 0434 277 124 or 8271 5317 or email [claire@besakih.com.au](mailto:claire@besakih.com.au)

### Upcoming Exhibitions at the Clarence Park Community Centre

Clarence Park Community Centre, 72-74 East Ave, Black Forest

Phone 8293 8166 or email [cpcc@unley.sa.gov.au](mailto:cpcc@unley.sa.gov.au)



#### **Fridays 10:15 – 11:15am**

**Term 3 dates 2, 9 and 16 August and Term 4 dates 18, 25 October and 1 November.**

#### **Contemporary Dance for Seniors – Free come and try**

This is a modified dance class designed for older people with varying levels of mobility and balance where participants can progress from seated to standing. Movement sequences are a combination of dance styles (including classical ballet, contemporary, jazz ballet and Spanish flamenco) and choreographed to music from all genres, including the classics.

No previous dance experience is required – the goal is fun!

\$15 (cash only). Free come and try first lesson in Term 3 and Term 4

For more information contact Veronica 0402 235 592  
or email [veronica\\_shum@hotmail.com](mailto:veronica_shum@hotmail.com)



#### **Wednesday 21 August, 18 September and 16 October, 3:45pm – 5:15pm**

#### **Soundbath Workshops**

Be transported and renewed as you're immersed in healing frequencies that ground, soothe, and nurture. Explore your inner world as the sounds dance through your being, guiding you to home within. Join Rebecca for this installation of sound experience centred around connection, restoration and the essence of peace.

**Cost:** \$10 Booking essential



#### **Wednesday 11 September, 2pm – 4:30pm**

#### **Plan Ahead: Advance Care Directive, Enduring Power and Wills Information Session**

Who would speak for you if you couldn't speak for yourself? What would they say? Each year Plan Ahead Week draws attention to the importance of thinking about your financial, health, legal and personal wishes and how you can make sure they're known and respected. Join Paul from Legal Services Commission SA who will guide you through what you need to know to start your plan.

**Cost:** Free

## Upcoming Exhibitions at the Unley Community Centre

Unley Community Centre, 18 Arthur Street, Unley

Phone 8372 5128 or email [ucc@unley.sa.gov.au](mailto:ucc@unley.sa.gov.au)



### Monday 21 October, 1pm

#### Health and Wellbeing Workshop

##### Depression and Anxiety in Older Adults

Psychologist Brooke Michell from Calm Space Psychology will discuss the effects of and management of depression and anxiety in older adults.

**Cost:** Free, but bookings essential.



### Monday 18 November, 1pm

#### Health and Wellbeing Workshop

##### Understanding Arthritis: Maintaining Wellbeing – What Can I Do?

Arthritis can affect all aspects of your life. This talk helps people understand wellbeing and arthritis. Includes simple tips for protecting your joints and ideas for ways to manage your daily activities.

“Maintaining Wellbeing” is presented by The Hospital Research Foundation Group & Arthritis SA.

**Cost:** Free, but bookings essential.



**Unley Community Centre – Classic Movies Series**

All movies screened at **Unley Community Centre, 18 Arthur St, Unley**

**Cost:** Free, but bookings essential. Phone 8372 5128 to speak to our staff.



**Tin Pan Alley (1940) 1hr 34mins,  
screening Monday 23 September, 1pm**

Starring Alice Faye and Betty Grable

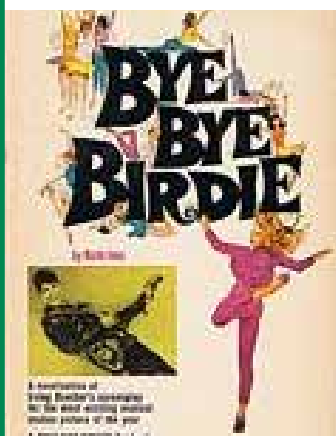
Early in the 20th century, an area of New York City nicknamed Tin Pan Alley was the heart of the American popular music scene. In this hotbed of creativity, singing sisters Katie and Lily Blane team up with musicians Harry Calhoun and Skeets Harrigan to find fame and fortune. Romance soon follows, but the rocky road to success and the looming World War I threaten to tear the couples apart.



**The Pyjama Game (1957) 1hr 41mins,  
screening Monday 28 October, 1pm**

Starring Doris Day John Raitt and Carol Haney

Employees of the Sleepytime Pyjama Factory are looking for a whopping seven-and-a-half cent an hour increase and they won't take no for an answer. Babe Williams is their feisty employee representative, but she may have found her match in shop superintendent Sid Sorokin. When the two get together they wind up discussing a whole lot more than job actions!



**Bye Bye Birdie (1963) 1hr 52min,  
screening Monday 25 November, 1pm**

Starring Dick Van Dyke, Ann-Margaret and Jent Leigh

Conrad Birdie is the biggest rock and roll star of the 60's ever to be drafted. Aspiring song writer Albert is convinced he can make his fortune and marry his girlfriend Rosie if he gets Conrad on the Ed Sullivan show to kiss a high school girl goodbye.

# CHSP WELLBEING BUS TRIPS

## SEPTEMBER 2024 CALENDAR

Bookings open Tuesday 27 August at 9am - Telephone 8372 5198 or 8372 5191

If you are unable to attend a bus trip after booking a seat, please provide a minimum of 24 hours' notice. This will allow time to contact others on the waiting list so we can offer another participant to attend.

<p><b>Monday 16 September</b></p>	<p><b>Rodney Fox Shark Museum and Learning Centre, Mile End</b></p>
	<p>Explore the wonders of the ocean at the Rodney Fox Shark Museum with an inspiring guided tour led by Patsy, one of their top tour guides. After the tour, enjoy complimentary coffee, tea, and biscuits. We will then head to the Highway Inn for a delicious lunch.</p> <p><b>Time:</b> 10.30am to 2.45pm</p> <p><b>Cost:</b> Level 1 - \$8.50 and Level 2 - \$11.50, \$2.50 pick-ups each way. Tour of Museum \$15 (concession), lunch at own cost, seniors' meals available.</p>
<p><b>Thursday 19 September</b></p>	<p><b>Lunch at the Anchorage Hotel, Victor Harbor</b></p>
	<p>Enjoy a picturesque journey to Victor Harbor with a stop at the Victor Harbor lookout. After taking in the breathtaking views, we will continue to the Anchorage Hotel, beautifully situated right on the beachfront, where a delicious lunch awaits us.</p> <p><b>Time:</b> 10.15am to 3pm</p> <p><b>Cost:</b> Level 1 - \$8.50 and Level 2 - \$11.50, \$2.50 pick-ups each way. Lunch at own cost.</p>
<p><b>Tuesday 24 September</b></p>	<p><b>Long Walk – Sturt River Linear Park, Coromandel Valley</b></p>
	<p>The Sturt River Linear Park is a beautiful continuous parkland stretching from Glenelg North to Coromandel Valley in the foothills. This 2km trail along the Sturt River features playgrounds, boardwalks, and picnic areas. After our walk, we'll head to the Coromandel Valley bakery for a delightful treat.</p> <p><b>Time:</b> 10am to 2pm</p> <p><b>Cost:</b> Level 1 - \$8.50 and Level 2 - \$11.50, \$2.50 pick-ups each way. Lunch at own cost.</p>
<p><b>Monday 30 September</b></p>	<p><b>Lunch at Mamma Carmela, Port Noarlunga</b></p>
	<p>Join us for a delicious lunch at Mamma Carmela in Port Noarlunga, where you can take in the stunning views of the ocean. After lunch, enjoy a relaxing walk along the Port Noarlunga Jetty, soaking in the beautiful ocean scenery and if you're lucky, you may see the reef.</p> <p><b>Time:</b> 11am to 2pm</p> <p><b>Cost:</b> Level 1 - \$8.50 and Level 2 - \$11.50, \$2.50 pick-ups each way. Lunch at own cost.</p>

# Do you know that Unley is one of over 1,600 Age-Friendly cities across the world?

In 2015 the City of Unley became the first council in South Australia to join the WHO Global Network of Age-Friendly Cities by committing to work with older people to create age-friendly physical and social environments that improve the quality of life.

Age-Friendly Cities strive to optimise healthy ageing and wellbeing outcomes, where cohesive communities enjoy intergenerational interactions, feel supported and respected, and where people want to stay. They are places where older people are appreciated for their knowledge and skills and their contributions to community are celebrated. Places where all ages respect the challenges facing each generation and the rights of older people are recognised.

Achieving this lofty goal is ambitious and is expressed in the Unley's Active Ageing Strategy.

<https://www.unley.sa.gov.au/files/assets/public/v/3/council/about-the-council/city-of-unley-active-ageing-strategy.pdf>

Everywhere in Unley, there is evidence of Age-Friendly initiatives. These include things like door-to-door bus services, classes encouraging fitness and hobbies, streetscapes with improved walkways and seating, age-friendly businesses, the Library's Reboot program for digital assistance and an intergenerational playgroup, to name a few.

While we have many age-friendly initiatives to celebrate, our services and products are constantly changing to meet different needs and emerging climatic, economic, social and political conditions. The voice of older people and their carers is essential in guiding the way to continue building the age-friendliness of Unley.

The Active Ageing Alliance, formed in 2016, was an early action recognising Unley as an Age-Friendly City. Alliance members are older residents who are well-connected in their communities and volunteer their time to share their breadth of lived experiences with Council staff and Elected Members. We are an ageing society, and especially in these challenging times, we must continue to inspire and advocate a vision of active ageing for younger generations that follow. The Alliance invites you to share your age-friendly ideas with us for our beautiful city. Contact Jill Andrews, Active Ageing Project Officer, [jandrews@unley.sa.gov.au](mailto:jandrews@unley.sa.gov.au) or 8372 5457 with your ideas.

**Annie Campbell**, Chairperson of City of Unley's Active Ageing Alliance



# CHSP WELLBEING BUS TRIPS

## OCTOBER 2024 CALENDAR

Bookings open Tuesday 24 September at 9am - Telephone 8372 5198 or 8372 5191

If you are unable to attend a bus trip after booking a seat, please provide a minimum of 24 hours' notice. This will allow time to contact others on the waiting list so we can offer another participant to attend.

Tuesday 15 October

### Historic Town Tour and Railway Museum Tour, Milang



Milang is located on the banks of Lake Alexandrina and is just an hour's drive from Adelaide; it offers a fascinating experience for railway enthusiasts and history buffs. Enjoy a tour of Milang's historic sites, visit the Railway Museum's craft shop, and take a nostalgic train ride. We will then enjoy a light lunch and refreshments in the Cafeteria Car.

**Time:** 9.45am to 3.30pm

**Cost:** Level 1 - \$8.50 and Level 2 - \$11.50, \$2.50 pick-ups each way. Tours are free, Lunch: 2 courses with tea or coffee, \$20 per person.

Monday 21 October

### Brunch at Dukes Cafe, Moana



Join us for an unforgettable brunch at Dukes Cafe in Moana. Relish a delectable meal, watch the waves roll in and enjoy breathtaking coastal views. Don't miss this delightful experience!

**Time:** 9.15am to 12.30pm

**Cost:** Level 1 - \$8.50 and Level 2 - \$11.50, \$2.50 pick-ups each way. Brunch at own cost.

Thursday 24 October

### Parliament House Tour



Join Hon David Pisoni MP (Member for Unley), on a guided tour of Parliament House, where you'll discover its iconic features—from the towering flagpole to the Great Hall Tapestry, the Senate and House of Representatives Chambers, artworks, historical insights, and delightful surprises. After the tour we'll enjoy afternoon tea at a local cafe.

**Time:** 12.15pm to 3.30pm

**Cost:** Level 1 - \$8.50 and Level 2 - \$11.50, \$2.50 pick-ups each way. Tour: Free, afternoon tea at own cost.

Tuesday 29 October

### Long Walk – Michael Perry Botanic Reserve, Stonyfell



Discover the tranquil Michael Perry Botanic Reserve, which meanders along Second Creek through Stonyfell and Burnside. This reserve links with Willowbridge Reserve and other downstream parks. Wander along a 1.7km loop to observe wildlife, aquatic life, and remnants of exotic plants. After our walk, we'll treat ourselves to lunch at a local café or bakery.

**Time:** 10am to 2pm

**Cost:** Level 1 - \$8.50 and Level 2 - \$11.50, \$2.50 pick-ups each way. Lunch at own cost.





## Zucchini slice

2 serves, 15 m prep, 35 m cook

### Ingredients

- 4 eggs
- 1 tablespoons olive oil
- 1 medium (300 g) zucchini, grated
- 1 medium (125 g) carrot, grated
- 3 green shallots, thinly sliced
- 50 g sundried tomatoes, chopped
- ½ cup grated tasty cheese
- ¼ cup wholemeal self-raising flour
- Garden salad, to serve

### Method

**Step 1** Lightly spray an 18 cm x 28 cm slice pan with oil and line base and sides with baking paper.

**Step 2** Whisk eggs and oil in a large bowl. Add remaining ingredients. Season with pepper and stir until well combined.

**Step 3** Spread mixture evenly into prepared pan and smooth over the top. Bake in 180°C preheated oven for 30-35 minutes, or until slice is golden brown and set in the centre.

**Step 4** Stand in pan for 15 minutes, then use lining paper to lift slice from pan. Cut into slices and serve warm with salad.

This recipe is from The Heart Foundation. Find more at [heartfoundation.org.au/recipes](https://heartfoundation.org.au/recipes)

# CHSP WELLBEING BUS TRIPS

## NOVEMBER 2024 CALENDAR

Bookings open Tuesday 29 October at 9am - Telephone 8372 5198 or 8372 5191

If you are unable to attend a bus trip after booking a seat, please provide a minimum of 24 hours' notice. This will allow time to contact others on the waiting list so we can offer another participant to attend.

Tuesday 12 November

### Fish & Chips by the Sea, Henley Beach



Bring along your deckchair and join us for a delightful lunch of fish and chips while admiring the breathtaking views of Henley Beach. Afterwards, enjoy a leisurely stroll along the jetty, or treat yourself to an ice cream.

**Time:** 11.30am to 3pm

**Cost:** Level 1 - \$8.50 and Level 2 - \$11.50, \$2.50 pick-ups each way. Lunch at own cost.

Monday 18 November

### Long Walk – Newenham Linear Park, Mt Barker



Explore the 1.3km (2.6km round trip) pathway alongside the picturesque Western Flat Creek, weaving through the heart of Newenham before connecting with the Mount Barker Linear Trail. Immerse yourself in Newenham's natural beauty, diverse native vegetation and local fauna and birdlife. After our walk we'll enjoy lunch at a local café.

**Time:** 10am to 2pm

**Cost:** Level 1 - \$8.50 and Level 2 - \$11.50, \$2.50 pick-ups each way. Lunch at own cost.

Thursday 21 November

### Spirit of the Coorong, Murray Mouth Cruise, Goolwa



Enjoy a 90-minute cruise downstream from the Port of Goolwa along the historic wharf and towards the Goolwa Barrage. We will travel through the lock chamber down to sea level and spot a few lazy fur-seals lounging about, meander along Coorong waterways, and follow the last kilometres of the mighty Murray River to its mouth, opening to the Southern Ocean. Beautiful scenery, bird life, seals, followed by lunch at the Corio Hotel, Goolwa.

**Time:** 8.45am to 3.30pm

**Cost:** Level 1 - \$8.50 and Level 2 - \$11.50, \$2.50 pick-ups each way. Boat Cruise: \$53 (payment required when booking). Lunch at own cost (seniors meals available).

Wednesday 27 November

### Lunch at Fuego by the Sea, West Beach



Experience the finest in Argentinian, Spanish, and Italian cuisine at Fuego by the Sea, located right on the beautiful beachfront. Come along and savour a delicious lunch while enjoying the stunning ocean views in the company of friends. Share a wonderful time together!

**Time:** 11.45am to 3pm

**Cost:** Level 1 - \$8.50 and Level 2 - \$11.50, \$2.50 pick-ups each way. Lunch at own cost.

# Types of dog

N	R	S	C	F	F	I	T	S	A	M	O	T	H
H	N	I	O	C	B	U	L	L	D	O	G	T	E
S	R	N	L	H	R	W	E	E	L	G	A	E	B
N	E	A	L	I	P	E	B	G	D	T	I	D	I
U	L	I	I	H	E	A	I	O	O	L	R	R	O
H	I	T	E	U	D	C	E	R	X	P	I	E	M
C	E	A	U	A	P	N	O	O	R	E	D	H	E
O	W	M	D	H	S	I	U	R	E	E	R	P	T
D	T	L	A	U	E	O	N	H	G	D	T	E	C
I	T	A	B	A	T	N	I	S	S	I	A	H	R
L	O	D	B	S	T	C	A	H	C	H	E	S	U
M	R	P	O	I	E	C	T	G	L	H	C	G	L
D	H	O	S	R	R	R	E	E	N	N	E	A	D
P	B	X	U	S	T	H	O	U	N	D	L	R	D

- BULLDOG
- PINSCHER
- DALMATION
- MASTIFF
- BOXER
- SHEPHERD
- BEAGLE
- TERRIER
- SETTER
- CORGI
- ROTTWEILER
- CHIHUAHUA
- COLLIE
- HUND
- DACHSHUND



# City of Unley Community Bus

The Community Bus supports transport disadvantaged people in the City of Unley to stay connected with their community. The Community Bus will pick you up from your home, or other nominated point and travels to various destinations within Unley and neighbouring suburbs.

Services run to Unley and Castle Plaza shopping centres each week. Monthly services travel to Burnside Village, Pasadena Shopping Centre, West Lakes Shopping Centre, Gaganis Bros and other destinations.

The service is operated by a friendly team of volunteers. To help cover costs we ask for a \$2.50 donation each way (\$5 round-trip).

Residents must be able to board and disembark the bus independently, able to carry their own shopping, and be independent while at the destinations.

Why not use the bus to do shopping, catch up with friends for a coffee and chat, or visit your local library or community centre? To register or to find out more please contact the Community Bus Coordinator on 8372 5131.

## Community Bus Out & About Tours

If you are interested in joining the Community Bus program to attend an Out & About tour, please contact the **Community Bus Coordinator** on **8372 5131** for more information.

Day	Destination	Cost	Approximate Times
<b>Wednesday 18 September 2024</b>  <b>Bookings open Wednesday 4 September 2024</b> ** Enclosed shoes MUST be worn	<b>Coorong Wild Seafood Factory Tour and Tastings- Meningie</b>  You are invited on a behind the scenes tour of award-winning Coorong Wild Seafood. Gain insight into how the regional delicacy, Coorong Mullet, is caught and processed. Experience a guided tour of the processing factory, as well as tempting you with product tastings.	Bus donation \$8  <b>Tour, tastings and lunch \$45, payable on the day to the venue</b>	<b>9:00am – 10:00am</b> Bus commences pickups
			<b>12:00pm – 1.00pm</b> Lunch at Freshies Bistro
			<b>1:30pm – 2:00pm</b> Commence trip home
<b>Monday 28 October 2024</b>  <b>Bookings open Monday 14 October 2024</b>	<b>Serenity Nursery, Murray Bridge</b> Serenity Nursery is a destination Garden Centre in Murray Bridge and is known for their one-of-a-kind garden adornments and exquisite plants.  Afterwards enjoy lunch at the Bridgeport Hotel overlooking the Murray River, a perfect location for lunch.	Bus donation \$8  <b>Lunch at own cost</b>	<b>9:00am – 10:00am</b> Bus commences pick ups
			<b>12:30pm – 1.30pm</b> Lunch at the Bridgeport Hotel
			<b>2:00pm – 3:00pm</b> Commence trip home
<b>Tuesday 26 November 2024</b>  <b>Bookings open Tuesday 12 November 2024</b>  ** Please note you will need to be able to carry whatever you buy to meet the bus for the return trip	<b>Central Market, Adelaide</b> Enjoy browsing through the Adelaide Central Markets. With over 70 traders under one roof, the Central Market is one of the largest undercover fresh produce markets in the Southern Hemisphere.  Adelaide Central Market offers a huge range of fresh food including fruit, vegetables, meat, poultry, seafood, cheeses, bakery, smallgoods and health foods, alongside some of Adelaide's most <b>popular cafes and eateries.</b>	Bus donation \$8  <b>Lunch at own cost</b>	<b>9:30am – 10:30am</b> <b>Bus commences pick ups</b>
			<b>12:00pm – 1:00pm</b> Choose your own lunch venue. There is a variety of cafes and eateries to choose from. Map included to help you choose.  **Meet the bus at the drop off point at approx. 1:30pm for the trip home.

# WHAT'S ON **SEPTEMBER** 2024 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
<b>Tai Chi</b> 10am to 11am	<b>Walking Group</b> 10am to 11am		<b>Belles Breakfast</b> 9am to 11am <b>Better Balance</b> 11am & 12noon	<b>Buddies at Breakfast</b> 8.30am to 10.30am
<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Tai Chi</b> 10am to 11am	<b>Walking Group</b> 10am to 11am		<b>Belles Breakfast</b> 9am to 11am <b>Better Balance</b> 11am & 12noon	<b>Buddies at Breakfast</b> 8.30am to 10.30am
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Tai Chi</b> 10am to 11am <b>Wellbeing Bus Trip</b> Rodney Fox Shark Museum, Mile End 10.30am to 2.45pm	<b>Walking Group</b> 10am to 11am	<b>Out &amp; About Bus Trip</b> Coorong Wild Seafood Factory. Pick ups from 9am, return 3.30pm	<b>Belles Breakfast</b> 9am to 11am <b>Better Balance</b> 11am & 12noon <b>Wellbeing Bus Trip</b> Anchorage Hotel, Victor Harbor 10.15am to 3pm	<b>Buddies at Breakfast</b> 8.30am to 10.30am
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Tai Chi</b> 10am to 11am	<b>Walking Group</b> 10am to 11am  <b>Wellbeing Bus Trip</b> Long Walk, Coromandel Valley 10am to 2pm		<b>Belles Breakfast</b> 9am to 11am <b>Better Balance</b> 11am & 12noon	<b>Buddies at Breakfast</b> 8.30am to 10.30am
<b>30</b>				
<b>Tai Chi</b> 10am to 11am <b>Wellbeing Bus Trip</b> Lunch at Mamma Carmela, Pt Noarlunga 11am to 2pm				<b>CHSP Programs</b> – will require a My Aged Care referral code to participate.  Programs marked in <b>green</b> , don't require a referral.

# WHAT'S ON **OCTOBER** 2024 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>
	<b>Walking Group</b> 10am to 11am		<b>Belles Breakfast</b> 9am to 11am <b>Better Balance</b> 11am & 12noon	<b>Buddies at Breakfast</b> 8.30am to 10.30am
<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>
<b>Public Holiday</b>	<b>Walking Group</b> 10am to 11am		<b>Belles Breakfast</b> 9am to 11am <b>Better Balance</b> 11am & 12noon	<b>Buddies at Breakfast</b> 8.30am to 10.30am
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>Tai Chi</b> 10am to 11am	<b>Walking Group</b> 10am to 11am  <b>Wellbeing Bus Trip</b> Historic Town and Milang Railway Museum Tours 9.45am to 3.30pm		<b>Belles Breakfast</b> 9am to 11am <b>Better Balance</b> 11am & 12noon	<b>Buddies at Breakfast</b> 8.30am to 10.30am
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Tai Chi</b> 10am to 11am <b>Wellbeing Bus Trip</b> Brunch at Dukes Café, Moana. 9.15am to 12.30pm	<b>Walking Group</b> 10am to 11am		<b>Belles Breakfast</b> 9am to 11am <b>Better Balance</b> 11am & 12noon <b>Wellbeing Bus Trip</b> Tour of Parliament House 12.15pm to 3.30pm	<b>Buddies at Breakfast</b> 8.30am to 10.30am
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<b>Tai Chi</b> 10am to 11am <b>Out &amp; About Bus Trip</b> Serenity Nursery, Murray Bridge. Pick ups from 9am, return home 3pm	<b>Walking Group</b> 10am to 11am  <b>Community Shopping Bus</b>  <b>Bus Trip</b> Long Walk, Stonyfell 10am to 2pm		<b>Belles Breakfast</b> 9am to 11am <b>Better Balance</b> 11am & 12noon	<b>CHSP Programs</b> – will require a My Aged Care referral code to participate.  Programs marked in <b>green</b> , don't require a referral.

# WHAT'S ON **NOVEMBER** 2024 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>CHSP Programs</b> – will require a My Aged Care referral code to participate.</p> <p>Programs marked in <b>green</b>, don't require a referral.</p>				<b>01</b>
				<p><b>Buddies at Breakfast</b> 8.30am to 10.30am</p>
<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>
<p><b>Tai Chi</b> 10am to 11am</p>	<p><b>Walking Group</b> 10am to 11am</p>		<p><b>Belles Breakfast</b> 9am to 11am</p> <p><b>Better Balance</b> 11am &amp; 12noon</p>	<p><b>Buddies at Breakfast</b> 8.30am to 10.30am</p>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<p><b>Tai Chi</b> 10am to 11am</p>	<p><b>Walking Group</b> 10am to 11am</p> <p><b>Bus Trip</b> Fish &amp; Chips by the Sea, Henley Beach 11.30am to 3pm</p>		<p><b>Belles Breakfast</b> 9am to 11am</p> <p><b>Better Balance</b> 11am &amp; 12noon</p>	<p><b>Buddies at Breakfast</b> 8.30am to 10.30am</p>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p><b>Tai Chi</b> 10am to 11am</p> <p><b>Wellbeing Bus Trip</b> Long Walk, Mt Barker 10am to 2pm</p>	<p><b>Walking Group</b> 10am to 11am</p>		<p><b>Belles Breakfast</b> 9am to 11am</p> <p><b>Better Balance</b> 11am &amp; 12noon</p> <p><b>Wellbeing Bus Trip</b> Murray Mouth Cruise, Goolwa 8.45am to 3.30pm</p>	<p><b>Buddies at Breakfast</b> 8.30am to 10.30am</p>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p><b>Tai Chi</b> 10am to 11am</p>	<p><b>Walking Group</b> 10am to 11am</p> <p><b>Out &amp; About Bus Trip</b> Central Market, Adelaide. Passenger pick up from 9.30am. Commence trip home from 1.30pm</p>	<p><b>Wellbeing Bus Trip</b> Fuego by the Sea, West Beach 11.45am to 3pm</p>	<p><b>Belles Breakfast</b> 9am to 11am</p> <p><b>Better Balance</b> 11am &amp; 12noon</p>	<p><b>Buddies at Breakfast</b> 8.30am to 10.30am</p>