

EngAGE UNLEY



Wellbeing bus trip participants enjoyed a scenic drive to Victor Harbor, followed by lunch at the Anchorage Hotel.

Dear Valued Clients and Wonderful Volunteers,

As the holiday season approaches, we want to send our warmest wishes to all of you. Merry Christmas!

To our amazing volunteers, thank you for your dedication and commitment. Your hard work has impacted many, and we are truly grateful to have you on our team.

During this festive time, we hope you enjoy the company of loved ones, share in laughter, and create lasting memories. May the spirit of Christmas bring you peace, joy, and renewed hope for the year ahead.

Wishing you all a Merry Christmas and a happy New Year.

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.

City of Unley Christmas Closure Dates:

Civic Centre will be closed on the following dates:

Tuesdays 24 December 2024 – close at 3 pm

Wednesday 25 December 2024

Thursday 26 December 2024

Friday 27 December 2024

Monday 30 December 2024

Tuesday 31 December 2024

Wednesday 1 January 2025

The Civic Centre will re-open at 8.30 am on Thursday 2 January 2025.

CHSP Programs Closure Dates:

Wellbeing and Social Programs

Tai Chi class: finish 16/12/2024, recommence 13/1/2025.

Better Balance: finish 12/12/2024, recommence 16/1/2025

Easy Paced Walking Group: finish 17/12/2024, recommence 14/1/2025

Belles Breakfast: finish 13/12/2024, recommence 23/1/2025

Buddies at Breakfast: finish 13/12/2024, recommence 24/1/2025

Community Car Transport

24 December 2024 to 13 January 2025

The last date for transport in 2024 will be Monday 23 December 2024.

Transport available again from Monday 13 January 2025.

Community Bus

25 December 2024 to 6 January 2025

The last date for Community Bus transport in 2024 will be Tuesday 24 December 2024

Transport available again from Monday 6 January 2025.

We hope all our fabulous volunteers will enjoy a well-earned break over the Christmas / New Year Period.



Commonwealth Home Support Program (CHSP)

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.

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

My Aged Care referral codes are required for the following CHSP services and supports:

- **Domestic Assistance referral code:**
Cleaning, Laundry / Bed Changing and Shopping from a list.
- **Home Maintenance – minor home maintenance and repairs referral code:**
Basic Handyman, Window Cleaning, Gutter Cleaning and Spring Cleaning.
- **Social Support Individual – Accompanied activities referral code:**
Accompanied Shopping Support, Friendly Visiting, Technology Assistance, Wellbeing phone calls.
- **Social Support Group referral code:**
Wellbeing Bus trips, Breakfast programs, Tai Chi, Better Balance, Walking groups

Co-contribution costs apply to services and supports depending on your level of income

Level 1: Aged Pensioner or Disability Pensioner

Level 2: Self-Funded Retirees with a Commonwealth Seniors Health Card

Level 3: Self-Funded Retirees with no Commonwealth Seniors Health Card

If you would like more information on the contribution costs, please contact one of our team members for a copy of our Client Contribution Schedule.

Contact phone numbers:

- **In Home Support Program:**
Domestic, Home Maintenance and Modifications: **8372 5198**
- **Wellbeing Program:**
Shopping Assistance, Respite, Bus Trips, Tai Chi, Better Balance, Walking Groups, Breakfast Programs: **8372 5191**
- **Community Transport:**
Volunteer Car Transport and Community Bus: **8372 5131**

Contact email addresses:

- **In Home Support Program:**
chsp@unley.sa.gov.au
- **Wellbeing Program:**
WellbeingProgram@unley.sa.gov.au
- **Community Bus Program:**
CommunityBus@unley.sa.gov.au
- **Community Car Transport:**
SocialTransport@unley.sa.gov.au



We Want to Hear from You

As we prepare for the next edition of our newsletter and look ahead to 2025, we'd love to get your feedback and suggestions! Your input is incredibly valuable to us, and we want to ensure that we're offering the right mix of content and services that matter most to you.

Content Suggestions

Do you have any great jokes, celebratory recipes, or stories you'd like to share with your fellow readers? We're always on the lookout for fun, engaging content to include in our newsletter, and we'd love to hear your ideas. Whether it's a family recipe, a helpful tip, or a funny holiday memory, send it in.

Program and Service Ideas for 2025

We're also seeking your thoughts on how we can improve or expand our programs and services in the new year. Is there a new activity you'd love to see? Maybe a different destination for our bus service or a new type of social program? We'd love to hear any ideas you have for additions to our service mix.

While we'll do our best to consider all requests, please keep in mind that we work within certain guidelines and resources. But we're always open to new ideas and looking for ways to improve the experience for everyone.

Your Feedback

Your feedback helps us shape the services and programs we offer, and we're excited to make 2025 our best year yet.

Thank you for being part of our CHSP community and for helping us create programs and services that work for you.



Important Update for Self-Funded Retirees and Your CHSP Services



As part of our efforts to meet the new requirements under the recent aged care reforms, we want to inform you of an important change regarding how we calculate client contributions for self-funded retirees.

Starting from 6 January 2025, if you're a self-funded retiree and do not hold a Commonwealth Seniors Health Card, issued by Services Australia, you may need to pay the full cost of the services you receive through the City of Unley's Commonwealth Home Support Program (CHSP).

What Does This Mean for You?

- If you already have a Commonwealth Seniors Health Card and we have it recorded, there's no change! You will continue to pay the same Level 2 rate for your services.
- If you don't have the card, you may need to pay the full cost of services starting from Monday, 6 January 2025.
- **Need to apply for a Commonwealth Seniors Health Card?** If you think you qualify for the card and would like to apply, we're happy to help. You can find more information about how to apply at Services Australia - Commonwealth Seniors Health Card.

We're Here to Help

We understand this may be a big change for some of you, and we're here to support you through it. If you have any questions or need assistance, please don't hesitate to reach out.

Older people and hot weather



As you age, you can have a higher risk of heat-related illness, especially if you live alone, have medical conditions, or if taking certain medicines.

Physical changes happen as you get older, and you may be less likely to notice you are becoming overheated or dehydrated, and some medications can make this worse. Older people are also less able to cool their body by sweating.

Some medicines can make you more prone to sunburn and heat stress, so it is important to watch for signs of being affected by hot weather.

Always speak with your doctor or pharmacist for more advice about the medicines you are taking.

Follow these tips to help stay healthy in the heat if you are an older person:

- Arrange for a friend or relative to visit once or twice a day to check how you are and that you have everything you need to stay healthy in the heat.
- Use air-conditioners and fans set to cool.
- Put a wet cloth around your neck or put your feet in a bowl of cool water.

- Drink plenty of water throughout the day and take a bottle of water wherever you go so you do not become dehydrated.
- Swap large meals for smaller ones. Make cool meals, like salads, and avoid using ovens or stoves in hot weather.
- A trip to an air-conditioned public space, like the local library, cinema, or shopping centre, may help you keep cool and give you some relief from hot weather. Avoid going outside in the hottest part of the day.
- If you are a carer of an older person, check on them each day during very hot weather, and ensure they are familiar with the steps above.
- The Red Cross Telecross REDi is a free service for older people to receive a phone call by a trained Red Cross volunteer to ensure they are well and coping in hot weather. Register by calling **1800 188 071**.

Source Government of South Australia SA Health website sahealth.sa.gov.au

Social Support Programs

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

Gentle reminder:

• Please let us know if your circumstances change or your health has declined, as it is important that we are providing the right supports for you to enable you to maintain your independence, increase your wellbeing and reach your goals.

You do not need to wait until your next review with the City of Unley Commonwealth Home Support Program if further supports or services are required.

• When purchasing tickets for social programs, please note that they are non-refundable and cannot be exchanged for cash. However, you can give your ticket to another eligible person using the same service. It's up to the original ticket holder to arrange the transfer.

• The City of Unley Commonwealth Home Support Program promotes an environment where participants feel welcomed, supported, safe and happy.

The service values respect, tolerance, inclusiveness, and equity. Any participants who demonstrate behaviour or use language that is not supportive of these values may be refused access to these programs.

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.

Level 1: Aged and Disability Pensioners

Level 2: Self-Funded Retirees with a Commonwealth Seniors Health Card



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 to 10.45 am

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



Better Balance Classes

Better Balance classes are specifically designed 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 11 am and 12 noon.

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



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

Need help with technology? Our knowledgeable CHSP volunteers are ready to assist you at home. They can help with your laptop, computer, iPad, tablet, or smartphone, and even re-program your TV for you!

Cost: Level 1 - \$ 7.50 per visit

Level 2 - \$10.50 per visit



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 10 am on Tuesday mornings at Unley Oval.

Cost: Gold coin donation

Important Changes to Aged Care Services – What You Need to Know

We want to update you about some important changes happening in aged care services across Australia. These changes come after the Royal Commission into Aged Care Quality and Safety, which aimed to address key issues and improve the way aged care services are delivered.

The Royal Commission found that many older Australians were not receiving the standard of care they deserve. In response, the Australian Government introduced Aged Care Reforms to ensure services are safer, more respectful, and better aligned with your personal needs.

Let's take a moment to explain what's happened, where we are now, and what these changes mean for you.

The Journey So Far

In recent years, the Royal Commission examined aged care services across the country. They gathered feedback from older Australians, families, and carers and highlighted areas where care needed improvement. The government introduced Aged Care Reforms to make services safer, more respectful, and more person-centered.

These changes aim to:

- Put your needs and choices at the heart of care.
- Ensure services are delivered with dignity, respect, and cultural sensitivity.
- Improve transparency, so you're always informed about your care.



The New Standards

A key part of the reforms is the introduction of the new Aged Care Quality Standards, which ensure that your care is tailored to your individual needs. Some of the key areas of these new standards include:

- **Person-centered care:** Your care should reflect your preferences and life experiences.
- **Dignity, respect, and privacy:** Ensuring your rights are upheld in all interactions.
- **Choice and independence:** Supporting you to make decisions about your care and live as independently as possible.
- **Transparency:** You should always know what to expect and be informed about your care agreements.

We'll go into more detail about these new standards in the next newsletter.

What Does This Mean for You?

There will be no changes to the service levels or the quality of the services you currently receive through the Commonwealth Home Support Programme (CHSP) until July 2027. Your services from the City of Unley will continue as usual during this time.

What Happens in 2027?

In **July 2027**, the CHSP will transition to the Support at Home Program. This new program is designed to offer more flexible options to help you continue living independently. It should also be easier to navigate, with a stronger focus on tailoring services to meet your needs.

We'll keep you informed about any changes as we approach 2027. For now, there will be minimal impact, and there are no changes to the service levels or quality of care that you currently receive.



Christmas Jokes

Some light-hearted and festive Christmas jokes.



Why did the Christmas tree go to the barber?

It needed a little trim!



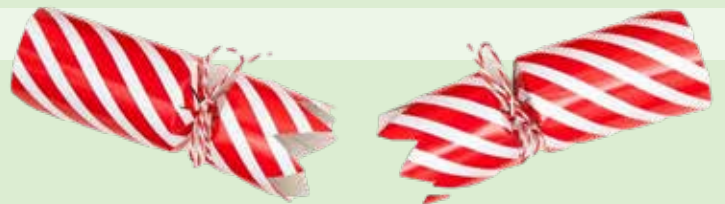
What do you get if you cross a snowman and a vampire?

Frostbite!



Why is it always cold at Christmas?

Because it's Decembrrrrr!



What did one snowman say to the other snowman?

"Do you smell carrots?"



What kind of motorbike does Santa ride?

A Holly-Davidson!

The Royal Commission and What It Means for You

The Royal Commission highlighted several areas that needed improvement in aged care services, which is why these reforms are being introduced. Some of the key improvements include:

- **Person-centered care:** Services must focus on your individual needs and preferences.
- **Cultural respect:** Your care must reflect your cultural background, language, and personal preferences.
- **Support for carers:** The reforms also include better support for carers, ensuring they can take breaks and receive additional help when needed.

Need More Information?

If you'd like more details, here are some helpful links:

- Australian Government Aged Care Reforms: www.health.gov.au/aged-care-reforms
- Aged Care Quality and Safety Commission: www.agedcarequality.gov.au
- Royal Commission into Aged Care: www.agedcare.royalcommission.gov.au

If you have any questions or concerns, feel free to contact us. We're here to ensure you continue receiving the best possible care and support.

Thank you for being a part of the City of Unley community.

What's Next?

In the next newsletter, we will break down the new Aged Care Quality Standards in more detail, so you'll know exactly what they mean for you and how they will shape the care you receive. Stay tuned for more updates on how these changes are designed to improve your experience!

A Morning of Culture and Connection at the Belles Breakfast!

Last month, our Belles Breakfast group was in for a treat as Sim, one of the City of Unley's CHSP team members, joined the gathering in her stunning traditional Indian attire. Sim captivated the group with stories about her Indian culture and beliefs, and her beautiful attire added a touch of tradition to the morning. Sim also shared an informative slideshow, giving participants a deeper understanding of India and its values.

The feedback from the morning was overwhelmingly positive, with participants raving about Sim's presentation:

- "I absolutely loved Sim."
- "Sim was wonderful; she did a great job!"
- "I could have listened to Sim talk for hours; it was so interesting."

Sim herself was beaming when she returned to the office, saying, "I can't wait to do it again!" It's clear that the session left both Sim and the participants feeling inspired and connected.

The Benefits of Social Interaction for Older Adults

Staying socially active and connected is essential for maintaining both physical and emotional well-being as we age. Programs like the Belles Breakfast offer older adults the chance to:

- **Build meaningful connections:** Being part of a group helps reduce feelings of isolation and loneliness.
- **Stay mentally engaged:** Learning new things, like Sim's cultural presentation, helps keep the mind sharp and engaged.
- **Boost emotional well-being:** Socialising with peers has been shown to lower stress and improve overall happiness.
- **Develop a sense of belonging:** Being part of a regular group provides a sense of routine and community, which is especially beneficial for older people who may feel disconnected.



What is the Belles Breakfast?

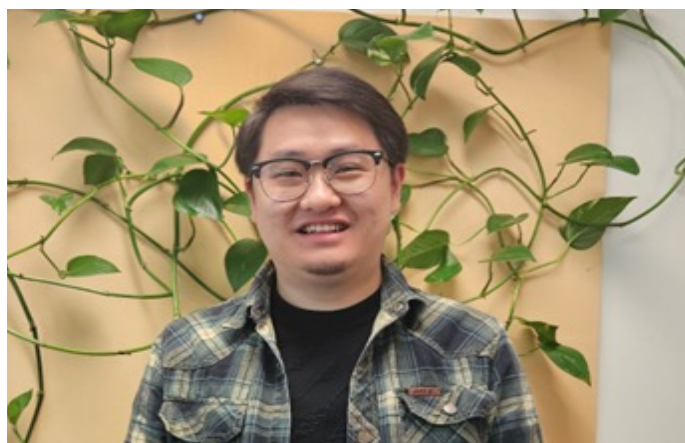
The Belles Breakfast is part of the City of Unley's Wellbeing Program, which offers a series of social activities designed to bring older community members together in a fun and relaxed setting. Held regularly, the Belles Breakfast provides an opportunity for participants to enjoy a morning of great conversation, good food, and interesting presentations, just like the one Sim delivered.

Why Join the Belles Breakfast?

At the Belles Breakfast, participants are welcomed into a supportive, friendly environment where they can socialise, learn, and connect with others. The benefits of being part of a regular group are immense, both in terms of improving mental well-being and promoting physical health. It's a great way to form new friendships, discover new interests, and enjoy a morning of light-hearted conversation.

If you'd like to know more about the **Belles Breakfast** or if you'd like to join us for the next session, please contact us.

Meet Kat and Lyon: Our Social Work Placement Students



We are excited to introduce Kat and Lyon, two Social Work students from Flinders University, who are completing their first placement with us here at the City of Unley Commonwealth Home Support Program. Originally from China, both Kat and Lyon are working towards 500 placement hours, and they're now more than halfway through their time with us.

During their placement, Kat and Lyon have been actively involved in various aspects of the Commonwealth Home Support Program (CHSP). They have had the opportunity to sit in on new client intakes and service reviews, visit all of our social programs, attend Wellbeing Bus Trips, and join clients on the Community Bus. More recently, they have started working one-on-one with individual clients as part of the trial for our new Achieve Together program.

Each of our social programs has offered Kat and Lyon a unique experience. Kat's favourite so far has been the Walking Group, where she loves seeing how exercise and social connection are seamlessly combined to support both physical and mental well-being. Lyon, on the other hand, has particularly enjoyed attending the Buddies Breakfast, where he has witnessed the camaraderie and sense of fun that brings the men together.

They both agree that the social programs we offer play a vital role in enhancing the health and well-being of our older residents. In fact, they believe the City of Unley's older community is fortunate to have such a wide variety of programs that encourage social engagement and activity.

One recent highlight was their organisation of the Op Shop Bus Tour. Kat and Lyon managed the event from start to finish, and the feedback has been overwhelmingly positive. Clients have shared their appreciation for the well-planned trip, with comments like "Kat and Lyon certainly brightened our day on the trip today" and "It's so nice to speak to and engage with some young people for a change!"

Kat and Lyon are also enthusiastic advocates of the many health benefits that come from staying socially active. They believe that participating in programs like ours not only keeps people physically healthy but also fosters a strong sense of belonging and connection. Our social programs, from walking groups to social outings and bus trips, offer something for everyone, helping our older residents stay connected and engaged in meaningful ways.

Both Kat and Lyon have made a significant impact on our whole Community Services team, and we will certainly be sad to see them go.

However, we're thrilled that they've found their time with us to be such an enriching experience. As one staff member commented, "Kat and Lyon's fresh perspective and enthusiasm have really brought new energy to the team." They have also been instrumental in helping us shape the rollout of the Achieve Together program, and their contributions have already made a positive impact.

If you see them around Unley, don't hesitate to say hello—they're eager to meet and engage with as many older residents as possible!

For more information about the [Achieve Together program](#), please see the related article in this newsletter on page 12.

CHSP Achieve Together Program

– Expressions of Interest

Does Your Life Sometimes Feel Like There's Something Missing? You can achieve more together!

Have you ever felt like you needed a little extra support, but just couldn't find the right fit? Maybe you're looking for a helping hand, someone to share a conversation with, or perhaps you're eager to try something new but don't know where to start.

The Achieve Together Program is here to turn those moments into meaningful, joyful experiences!

Welcome to the Achieve Together Program – Because Life is Better Together!

We're thrilled to introduce our exciting new program that's all about YOU! Everyone has different needs and desires, so whether it's companionship, staying active, or exploring new activities, we've got a variety of options for you.

From gentle exercises to keep you healthy, help with daily tasks to support your independence, fun outings to stay socially connected, to workshops that focus on health and well-being, this program is designed to enrich your days and bring more fun to your life!



The Health Benefits of Staying Connected and Active

Participating in programs like Achieve Together isn't just about having fun—there are real health benefits too:

- Social interaction helps alleviate feelings of loneliness and can significantly reduce the risk of depression.
- Staying physically active with even light movement like walking or gardening has been linked to longer life expectancy and improved overall health.
- Engaging in regular conversation and social activities keeps the mind sharp and supports brain health by boosting cognitive function and promoting healthy brain cells.

Staying socially connected and physically active is essential for maintaining a healthy mind and body, especially as we age. With Achieve Together, you'll be able to enjoy activities that support both your physical and mental well-being.

What Makes Us Different? It's Simple – YOU are at the Heart of Everything!

When you join Achieve Together, you won't just be a participant—you'll be a partner! You'll be paired with a "buddy" (either a volunteer or a student), who will work closely with you to plan activities that truly match your interests.

Whether it's at home, in the garden, in a community space, or at your favourite local café, your buddy will be there to make each experience special.



Flexible, Personalised, and All About Making Life More Fun!

Your schedule, your needs! We'll work around what's best for you, whether that means catching up weekly or every two weeks—whatever suits your lifestyle. Our goal is to bring more joy, fulfilment, and connection to your life.

Imagine the possibilities—cooking a new recipe together, planting a garden, taking a walk through the park, or simply enjoying a laugh over coffee. With Achieve Together, it's not just about ticking off activities—it's about building memories, sharing moments, and enriching your life in meaningful ways.

We're Seeking Expressions of Interest Now!

If this sounds like something that could brighten your days and enrich your life, we'd love to hear from you! We are currently seeking expressions of interest for our Achieve Together Program. This is your chance to be part of something truly special—a program designed with your needs and goals in mind.

To participate in this program, you will need a Social Support Individual My Aged Care Referral.



Let's Achieve Something Amazing Together!

This program is about more than just services—it's about creating connections, achieving goals, and enhancing your overall well-being. Together, we'll make your days brighter and your life richer.

For more information or to express your interest, please contact us.

Summer Gardening Special: Extra Gardening Support Available!

As the warmer months approach, it's the perfect time to give your garden some extra care and attention. We're excited to let you know that, thanks to changes in our client base, we have additional gardening support available for those who have a My Aged Care Home Maintenance Gardening referral code.

This extra gardening service won't count towards your annual gardening cap, so it's a great opportunity to get your garden ready for summer or give it a fresh look for the New Year!

What's on Offer?

We're offering an extra 2 hours of gardening support that can be used any time between now and 31 January 2025. This service is available on a first-come, first-served basis, and only to the first 50 clients who contact us—so be sure to get in quick!

Contact Us Today!

To take advantage of this exclusive offer, contact us as soon as possible—spaces are limited to the first 50 clients. With our extra gardening support, you can enjoy a refreshed and ready-for-summer garden, all without impacting your annual gardening caps.

Let's get your garden summer-ready!

Get Your Garden Set for Summer!

Whether you want to prepare your garden for those warm summer evenings, clear up any overgrown areas, or just freshen it up for the New Year, we're here to help. From weeding and trimming to tidying up your outdoor spaces, our team can provide the extra assistance you need to get your garden looking its best.



Summer Gardening Tips

While you're thinking about your garden, here are a few handy tips to keep it thriving during the summer months:

- **Water early in the morning:** Watering your plants in the morning helps prevent evaporation and allows the roots to absorb moisture before the day heats up.
- **Mulch, mulch, mulch:** Add a layer of mulch to your garden beds to help retain moisture, keep the soil cool, and reduce the growth of weeds.
- **Choose drought-tolerant plants:** If you're adding new plants, consider drought-resistant varieties that can handle the summer heat with less water.
- **Prune lightly:** Trim dead or overgrown branches to improve airflow through your plants, helping them withstand hot conditions.
- **Check for pests:** Keep an eye out for common summer pests, like aphids and caterpillars, which can damage your plants. Natural remedies like neem oil or soapy water can help control them.

By following these simple tips, your garden will be looking healthy and beautiful all summer long!

We Want to Hear from You! It's CHSP SurveyTime

The City of Unley's Commonwealth Home Support Program (CHSP) is here to help you stay independent and supported at home, but we know we can always do better. That's why we're asking for your feedback! Your voice is incredibly important to us, and we want to make sure we're meeting your needs in the best way possible.

Look Out for Our Survey

In the coming days, you'll receive a Client Satisfaction Survey either by email or in your letterbox. This is your opportunity to share your thoughts on the services you've been receiving. We want to know what's working well and where we can make improvements.

Why Your Feedback Matters

Filling out this survey has real benefits:

- **You're Heard:** This is your chance to tell us what's working for you—and what isn't. We're listening!
- **We Can Make Changes:** Your feedback helps us make important changes to improve services and address any issues you've experienced.
- **Meeting Your Needs:** We use your feedback to ensure our services meet current demand and continue to evolve with your needs.
- **New Ideas and Initiatives:** If there's something missing from our services, let us know! Your input can help us develop new programs that benefit everyone.
- **Improving the Experience:** From simplifying how services are delivered to making it easier to access the support you need; your feedback helps us streamline and improve.
- **Solving Issues:** If you've faced challenges, this is your chance to help us solve them!

How to Get Involved

- **Quick and Easy:** The survey will only take about 10 minutes of your time, but every response makes a big difference.
- **Need Help?** We're here for you! If you need assistance filling out the survey, just give us a call, and we'll help guide you through it.

Where to Find the Survey

You'll receive it by email or in your letterbox soon. Prefer online? The survey will also be available on Your Say Unley via our website, so you can choose the option that suits you best.

Got Questions?

We're here to help! If you have any questions or need help with the survey, please contact us

Thank you for helping us improve and shape our services to better meet your needs.

Your feedback truly makes a difference!



CHSP WELLBEING BUS TRIPS

DECEMBER 2024

Bookings open Wednesday 20 November at 9 am (no early bookings please)

Telephone 8372 5191 or 8372 5198

If you are unable to attend a bus trip after booking, please provide a minimum of 24 hours' notice.

This will allow time to contact others on the waiting list.

Please bring your water bottle to stay hydrated, especially during the summer months.

Please note: Wellbeing Bus trips and social programs may be modified or cancelled in an extreme weather event

Monday 9 December, 2024

Harvest the Fleurieu, Mt Compass



Harvest the Fleurieu is a family owned & operated strawberry farm, market hall & cafe located in Mount Compass. With three generations of farming knowledge and a passion for sustainable farming and supporting South Australia they pride themselves on producing some of the finest produce in Australia. Enjoy a delicious bakery style lunch and wander through the market.

Time: 10.30 am to 3.30 pm

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

Monday 16 December, 2024

Christmas Lunch at the Largs Pier Hotel



Enjoy a special bus trip to the beautiful Largs Pier Hotel for a delightful Christmas lunch! Enjoy a festive menu, good company, and stunning views of the water as we celebrate the season together.

Time: 11 am to 3 pm

Cost: Level 1- \$8.50, Level 2- \$11.50, \$2.50 pick-ups each way.
2 course Christmas lunch @ \$38 per person

Thursday 19 December, 2024

Xmas Lights of Lobethal



Enjoy dinner with friends at the Balhannah Hotel followed by a trip to Lobethal to view the Christmas lights. Whether it is your first time, or you have been visiting for years; it's time...to see the lights!

Time: 6 pm to 10 pm

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



Festive Christmas Recipe: Baked Turkey Breast with Cranberry Glaze

Ingredients

- 1 boneless turkey breast (about 1.5 kg / 3 lbs)
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- Salt and pepper to taste

For the Cranberry Glaze:

- 1 cup fresh or frozen cranberries
- 1/4 cup orange juice
- 1/4 cup honey
- 1 tablespoon Dijon mustard
- 1 teaspoon grated orange zest

Method

1. Preheat the oven to 180°C (350°F). Line a baking dish with foil.
2. Rub the turkey breast with olive oil, garlic powder, thyme, rosemary, salt, and pepper.
3. Place the turkey in the baking dish and roast for 45-60 minutes, or until the internal temperature reaches 75°C (165°F).
4. While the turkey is roasting, make the cranberry glaze. In a small saucepan, combine cranberries, orange juice, honey, Dijon mustard, and orange zest. Simmer over medium heat until the cranberries burst, and the sauce thickens (about 10 minutes).
5. Once the turkey is cooked, remove from the oven and let it rest for 10 minutes.
6. Spoon the cranberry glaze over the turkey before serving. Slice and serve with festive sides like roasted vegetables or mashed potatoes.

CHSP WELLBEING BUS TRIPS

JANUARY 2025

Bookings open Tuesday 17 December at 9 am (no early bookings please)
Telephone 8372 5191 or 8372 5198

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

Wednesday 15 January, 2025

Brunch at The Boatshed, Hallett Cove



Join us for a relaxing brunch at The Boatshed. Enjoy a delicious meal with stunning coastal views and great company. This is a wonderful chance to catch up after Xmas, enjoy fresh sea air, and take in the beauty of the ocean.

Time: 9.15 am to 12.30 pm

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

Monday 20 January 2025

Aldinga Bay Surf Life Saving Club, Aldinga



Join us for a delightful lunch at the Aldinga Bay Surf Life Saving Club! Enjoy a delicious meal while taking in the stunning views of the beach and ocean. It's a perfect opportunity to relax, socialise, and spend time with friends in a beautiful setting.

Time: 11 am to 3 pm

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

Wednesday 29 January, 2025

Lyndoch Lavender Farm & Café, Lyndoch



Come along for a guided tour of the Lavender Farm at Lyndoch. Hear about the Lavender plantings, cultivation and distillation. After the tour enjoy a delicious morning tea of Lavender and Plain scones served with jam and cream. Followed by lunch at a local bakery.

Time: 9 am to 3.30 pm

Cost: Level 1- \$8.50, Level 2- \$11.50, \$2.50 pick-ups each way.
Tour and morning tea \$15, lunch at own cost

Christmas Word Search Puzzle

SANTA'S REINDEER'S NAMES



U S N C H N M A G I C A N A G
 R N L B L I T Z E N B S X T T
 V E E E X G Q E P K D G M J S
 W X C S I B M R N E H X D L P
 A I U N J G E E C H P J I B W
 T V E O A S H C C S L Y P B Y
 E O Q W E D T N H C O L U Q H
 M L W N G D U A R A D F C S A
 O A T K R O R R I Y U B Y N T
 C S Z A K Y E P S H R V B K N
 S T O C K I N G T B A C S T A
 P O B N B B N N M Z V A E U S
 W E Z I B S O D A S H E R N R
 H A W N J D D K S V D N L W C
 M Z A U C S Q Y E N M I H C L

DASHER PRESENTS
 DANCER CHIMNEY
 PRANCER STOCKING
 VIXEN
 COMET
 CUPID
 DONNER
 BLITZEN
 RUDOLPH
 SANTA
 SNOW
 FLY
 MAGIC
 SLEIGH
 CHRISTMAS

CHSP WELLBEING BUS TRIPS

FEBRUARY 2025

Bookings open Tuesday 21 January 2025 at 9 am (no early bookings please)
Telephone 8372 5191 or 8372 5198

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

Wednesday, 5 February 2025

Whalers, Encounter Bay



Whalers, seaside dining is situated in Encounter Bay. Enjoy a delicious lunch in a relaxed environment while taking in the spectacular views of Granite Island

Time: 10.30 am to 3.30 pm

Cost: Level 1 - \$8.50, Level 2 - \$11.50, Level 3 - \$15.00,
\$2.50 pick-ups each way, Lunch at own cost

Thursday 13 February 2025

Long Walk - Woorabinda Lake, Stirling



Woorabinda Lake is a bushland oasis that provides a habitat for birds, fish, reptiles, mammals and amphibians. The dam was originally constructed to supply water for steam locomotives at Aldgate train station. When diesel locomotives began to replace steam trains in the 1950's the dam was no longer required by the railways, and it has since been reinstated to bushland. After the walk we will refuel for lunch at a local eatery.

Time: 10.30 am to 2 pm

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

Wednesday, 19 February

Dinner at The Somerton Bar & Bistro



Join us for a delightful evening at the Somerton Bar & Bistro! Enjoy a delicious dinner while overlooking Somerton Beach and soaking in the beautiful sunset views. A perfect outing to savour great food, good company, and a stunning coastal backdrop

Time: 6 pm to 9 pm

Cost: Level 1 - \$8.50, Level 2 - \$11.50, Level 3 - \$15.00,
\$2.50 pick-ups each way, Dinner at own cost

Monday 24 February 2025

Hahndorf Farm Barn, Hahndorf



Let's head to the hills for a delightful day at Hahndorf Farm Barn, where you can get up close and personal with some of nature's cuddliest and friendliest animals! Spend time inside the barn with adorable baby animals, or take a stroll around the farm to feed and interact with a variety of other animals. After our animal adventures, we'll enjoy a light lunch in charming Hahndorf. It promises to be a fun-filled day!

Time: 10 am to 2 pm

Cost: Level 1 - \$8.50, Level 2 - \$11.50, \$2.50 pick-ups each way.
\$15.50 entry, lunch at own cost

Hints and Tips for Christmas

Here are some practical tips for managing the Christmas season, specifically for CHSP clients at the City of Unley:



1. Book Your Christmas Spring Clean Early

The lead-up to Christmas is a busy time for everyone, including our contractors. If you're planning a pre-Christmas clean-up, make sure to book early to avoid disappointment. Our contractors get booked up quickly, and they too like to take a well-deserved break, so don't delay in securing your appointment.

2. Schedule Gardening Services ASAP

Whether you need help with garden maintenance or a tidy-up before Christmas, it's best to get your requests in as soon as possible. Like cleaning services, our gardening contractors are in high demand this time of year, and spots fill up fast. This will ensure your garden looks its best for the holiday season.

3. Arrange Transport Early for Christmas Events

If you're attending Christmas events or family gatherings and need transport, be sure to book early. Our community bus and car services are available, but they can get busy, especially as we get closer to Christmas.

4. Plan for Meals and Groceries in Advance

If you're hosting or need special meals over the Christmas period, plan ahead by arranging your grocery deliveries or meal services. You can also consider frozen or pre-prepared meals to make things easier during the busy season.

5. Stay Social and Stay Connected

The Christmas season is a great time to attend our social programs, such as the Walking Group or the Buddies Breakfast. It's a wonderful way to stay connected, enjoy festive activities, and have some fun with others.

6. Safety First: Be Aware of Heat

Christmas can be quite hot, so remember to stay hydrated and keep cool. Make sure to have plenty of water on hand, especially if you're attending outdoor activities or hosting family.

7. Take Care of Yourself

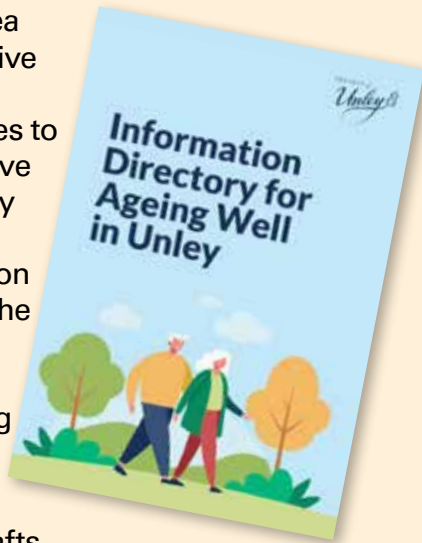
Christmas can be a busy time, but it's important to take care of yourself. If you need a break, don't hesitate to schedule some time for relaxation, whether that's reading a book or enjoying a quiet cup of tea.

If you have any specific requests or need assistance with bookings, feel free to reach out to the CHSP team. We're here to help make your Christmas as smooth and enjoyable as possible.



Information Directory for Ageing Well in Unley

The Unley Council area boasts a comprehensive range of services, programs and activities to support people to thrive as they age. The tricky bit can be finding out what is available and on offer. Not anymore! The **Ageing Well in Unley Directory** is a user-friendly tool for having information at your fingertips.



From A – Arts and Crafts and Aged Care Homes TO Z -Volunteering and Women’s Groups, there is a treasure trove of information for ageing well in Unley.

GET YOUR COPY NOW!

To order your copy contact **Council’s Customer Service** on **8372 5111** or pobox1@unley.sa.gov.au

Stand Up On One Leg and Be Counted!

According to new research, how long a person can stand on one leg is a telltale measure of healthy aging. Unintentional falls are the leading cause of injuries among adults who are 65 years and older. Most falls among older adults result from a loss of balance.

People can take steps to train their balance by simply standing on one leg for 10 second increments. If you can build up to standing on one leg for 30 seconds you are doing well.

Individually, people can train their balance without special equipment and work on maintaining it over time. In addition, there are several health and fitness classes in Unley that will support participants to improve their balance as well as strength and fitness. Check out the new Information Directory for Ageing Well for a list of Fitness and Exercise classes to suit you.

See page 6 for information on our CHSP program’s Better Balance classes.



SIGN UP!

Ageing Well in Unley Book Club 2025

Gather with a small group of people to read and discuss books that inspire us to age well

The first 2025 Book Club meeting will be held at 10.30am on Friday 17th January at the Unley Civic Library

Free Registration

To signup contact Jill Andrews, Active Ageing Project Officer, 8372 5111 or jandrews@unley.sa.gov.au

Read the latest non-fiction books on longevity and positive ageing, and fiction books that feature characters that are ageing gracefully, or disgracefully!

Unley Libraries Home Service

Unley Libraries offers a delivery option to City of Unley residents who are unable to access the libraries for various reasons. The deliveries are free and available on a four weekly and ongoing basis, and supported by a large team of volunteers who can select and deliver library items to your door.

For further information contact our **Home Service Coordinators** on **8372 5137** or visit our website unley.sa.gov.au/library-home-service



Unley Libraries special collections – Active Ageing, Brain Training and Dementia Friendly

Our Active Ageing collection brings together diverse subjects of interest, including retirement, health and general wellbeing that can be helpful when tackling the challenges of getting older. We've also developed a Dementia Friendly collection, which includes a variety of insightful literature on the topic.

If you're interested in developing your memory and cognition, our Brain Training collection is full of resources aimed at improving the health of your brain.

Our Active Ageing collection is conveniently located on the ground floor of the Unley Civic Library, near our Large Print collection. Look for the blue & white 'Active Ageing' sticker on the spine of the books.

Brain Training books can be found on our non-fiction shelves. This collection will have a large purple 'Brain Training' sticker on the spine of the book.

Printed Collection guides are available, listing all the titles we have in these special collections. Take the printed guide home to peruse or pass it on to a loved one or friend who may be interested in these collections.

Other collections that may be of interest:

- Large Print – books printed with larger print, making them easier on the eyes.
- Audio Books – CD, MP3, and fully digital formats available
- eBooks – enabling view customisation
- Kindles – a pre-loaded library of eBooks with view customisation

These collections and others can be searched via links to our catalogue on the Special Collections page of our website – unley.sa.gov.au/library-special-collections or you are welcome to contact the **Libraries** on **8372 5100** for further information.

City of Unley Events

Santos Tour Down Under Women's Stage 2 Start

Saturday 18 January 2025 at 11.10 am

King William Road, Hyde Park

Join us for thrilling action and unforgettable moments as the Santos Tour Down Under returns for 2025.

Australia Day

Sunday 26 January 2025, 11.30 am – 2 pm

Unley Soldiers Memorial Gardens, Cnr Unley Road and Thomas Street, Unley

Come and join us for a community BBQ for gold coin donation, coffee and dessert, live music and children's activities.

Twilight Tunes

Last Friday of the month in January, February and March 6 - 9 pm

Souter Park, 55-63 Albert Street, Goodwood

The Twilight Tunes event series is a free community event on the last Friday of the month in January, February, and March from 6-9pm. Enjoy a night of live music entertainment complemented by food trucks and children's activities. BYO picnic, seating, friends, and family.

For more details on Council's events, check the website: www.unley.sa.gov.au/Events-programs-facilities/Events-programs-activities

City of Unley Community Bus

Door-to-Door Bus Service for City of Unley Residents

Did you know that the City of Unley offers a convenient, door-to-door bus service to some of your favourite local destinations? This service is available to all residents living in the City of Unley and is designed to make getting around easier and more enjoyable.

Regular Bus Services

Our buses run regularly to popular shopping hubs like Unley Shopping Centre and Castle Plaza, providing a reliable and stress-free way to do your grocery shopping, run errands, or simply enjoy a day out.

Monthly Special Services

In addition to our regular routes, we offer monthly trips to other much-loved destinations such as Burnside Village, Pasadena Shopping Centre, West Lakes Shopping Centre, and Gaganis Bros. These trips are a great way to explore a wider range of stores, enjoy some time out, and socialise with other passengers.

Program Update

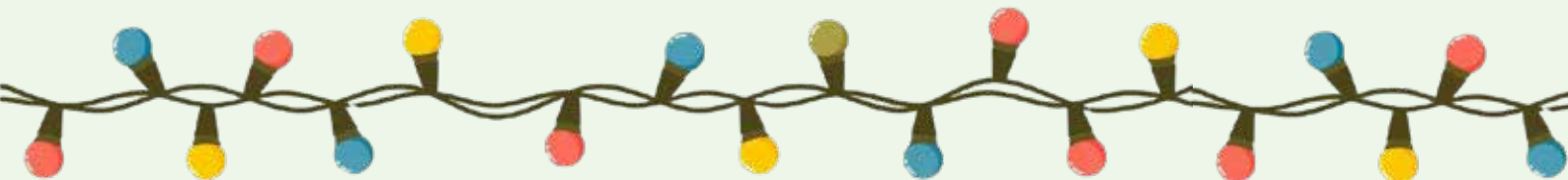
Following a recent program review, the decision has been made to **discontinue the Out and About Community Bus trips starting in 2025**. This change is due to overlap with the **CHSP Wellbeing Program Bus Trips**, which offer a dedicated schedule of social outings. We recognise that this may be disappointing for some, and we're here to help you explore the Wellbeing Program Bus Trips if you're interested in social experiences.

For assistance or more details, please contact us.

The Benefits

- **Convenience:** This service brings you from your doorstep to your destination, ensuring you don't have to worry about driving, parking, or public transport.
- **Social Connection:** It's not just about getting from point A to point B; our bus trips are a fantastic opportunity to meet new people, enjoy friendly conversations, and have a more sociable outing.
- **Independence:** While you must be able to board and disembark the bus independently and be self-sufficient at the destinations, this service allows you to maintain your independence while enjoying the convenience of door-to-door transport.

To register for this service and receive the timetable, please contact the **Community Bus Coordinator** at **8372 5131**. We look forward to helping you get where you need to go!



WHAT'S ON **DECEMBER** 2024 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
02	03	04	05	06
<p>Tai Chi 10 am – 11 am</p> <p>Community Shopping Bus Gaganis Bros & Omega Foods, Hindmarsh Pick up from 9 am Return 12 noon</p>	<p>Walking Group 10 am – 11 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Unley Central Pick up from 1 pm Return time 3.30 pm</p>	<p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Pasadena Shopping Centre Pick up from 9 am Return 12 noon</p>	<p>Belles Breakfast 9 am – 11 am</p> <p>Better Balance 11 am and 12 noon</p> <p>Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm</p>	<p>Buddies at Breakfast 8.30 am – 10.30 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Castle Plaza Pick up from 9 am Return 1 pm</p>
9	10	11	12	13
<p>Tai Chi 10 am – 11 am</p> <p>Wellbeing Bus Trip Harvest the Fleurieu 10.30 am – 3.30 pm</p>	<p>Walking Group 10 am – 11 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Unley Central Pick up from 1 pm Return time 3.30 pm</p>	<p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Burnside Village Shopping Centre Pick up from 9 am Return 12 noon</p>	<p>Better Balance 11 am and 12 noon</p> <p>Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm</p>	<p>Belles and Buddies Breakfast Xmas Breakup 8.30 am – 10.30 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Castle Plaza Pick up from 9 am Return 1 pm</p>
16	17	18	19	20
<p>Tai Chi 10 am – 11 am</p> <p>Wellbeing Bus Trip Xmas Lunch Largs Pier Hotel 11 am – 3 pm</p>	<p>Walking Group 10 am – 11 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Unley Central Pick up from 1 pm Return time 3.30 pm</p>	<p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>West Lakes Westfield Shopping Centre Pick up from 9 am Return 12 noon</p>	<p>Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm</p> <p>Wellbeing Bus Trip Xmas Lights of Lobethal 6 pm – 10pm</p> <p>Out & About Tour Xmas Lunch at Oasis Gardens Restaurant Belvidere</p>	<p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Castle Plaza Pick up from 9 am Return 1 pm</p>
23	24	25	26	27
	<p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Unley Central Pick up from 1 pm Return time 3.30 pm</p>			
30	31			

** All return times are approximate only

WHAT'S ON JANUARY 2025 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		01	02	03
06	07	08	09	10
Community Shopping Bus Gaganis Bros & Omega Foods, Hindmarsh Pick up from 9 am Return 12 noon	Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Unley Central Pick up from 1 pm Return time 3.30 pm	Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Pasadena Shopping Centre Pick up from 9 am Return 12 noon	Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm	Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Castle Plaza Pick up from 9 am Return 1 pm
13	14	15	16	17
Tai Chi 10 am – 11 am	Walking Group 10 am – 11 am Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Unley Central Pick up from 1 pm Return time 3.30 pm	Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Wellbeing bus trip Brunch at The Boatshed 9.15 am – 12.30 pm	Better Balance 11 am and 12 noon Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm	Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Castle Plaza Pick up from 9 am Return 1 pm
20	21	22	23	24
Tai Chi 10 am – 11 am Wellbeing bus trip Aldinga Surf Life Saving club 11 am – 3 pm	Walking Group 10 am – 11 am Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Unley Central Pick up from 1 pm Return time 3.30 pm	Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon West Lakes Shopping Centre Pick up from 9 am Return 12 noon	Belles Breakfast 9 am – 11 am Better Balance 11 am and 12 noon Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm	Buddies at Breakfast 8.30 am – 10.30 am Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Castle Plaza Pick up from 9 am Return 1 pm
27	28	29	30	31
PUBLIC HOLIDAY	Walking Group 10 am – 11 am Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Unley Central Pick up from 1 pm Return time 3.30 pm	Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Wellbeing bus trip Lyndoch Lavender Farm 9 am – 3.30 pm	Belles Breakfast 9 am – 11 am Better Balance 11 am and 12 noon Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm	Buddies at Breakfast 8.30 am – 10.30 am Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon Castle Plaza Pick up from 9 am Return 1 pm

** All return times are approximate only

WHAT'S ON FEBRUARY 2025 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
03	04	05	06	07
<p>Tai Chi 10 am – 11 am</p> <p>Community Shopping Bus Gaganis Bros & Omega Foods, Hindmarsh Pick up from 9 am Return 12 noon</p>	<p>Walking Group 10 am – 11 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Unley Central Pick up from 1 pm Return time 3.30 pm</p>	<p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Pasadena Shopping Centre Pick up from 9 am Return 12 noon</p> <p>Wellbeing bus trip Whales Sea Side Restaurant 10.30 am – 3.30 pm</p>	<p>Belles Breakfast 9 am – 11 am</p> <p>Better Balance 11 am and 12 noon</p> <p>Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm</p>	<p>Buddies at Breakfast 8.30 am – 10.30 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Castle Plaza Pick up from 9 am Return 1 pm</p>
10	11	12	13	14
<p>Tai Chi 10 am – 11 am</p>	<p>Walking Group 10 am – 11 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Unley Central Pick up from 1 pm Return time 3.30 pm</p>	<p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Burnside Village Shopping Centre Pick up from 9 am Return 12 noon</p>	<p>Belles Breakfast 9 am – 11 am</p> <p>Better Balance 11 am and 12 noon</p> <p>Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm</p> <p>Wellbeing bus trip Long Walk - Stirling 10.30 am – 2 pm</p>	<p>Buddies at Breakfast 8.30 am – 10.30 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Castle Plaza Pick up from 9 am Return 1 pm</p>
17	18	19	20	21
<p>Tai Chi 10 am – 11 am</p>	<p>Walking Group 10 am – 11 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Unley Central Pick up from 1 pm Return time 3.30 pm</p>	<p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>West Lakes Westfield Shopping Centre Pick up from 9 am Return 12 noon</p> <p>Wellbeing Bus Trip Somerton Bar & Bistro 6 pm to 9 pm</p>	<p>Belles Breakfast 9 am – 11 am</p> <p>Better Balance 11 am and 12 noon</p> <p>Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm</p>	<p>Buddies at Breakfast 8.30 am – 10.30 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Castle Plaza Pick up from 9 am Return 1 pm</p>
24	25	26	27	28
<p>Tai Chi 10 am – 11 am</p> <p>Wellbeing Bus Trip Hahndorf Farm Barn 10 am to 2 pm</p>	<p>Walking Group 10 am – 11 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Unley Central Pick up from 1 pm Return time 3.30 pm</p>	<p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p>	<p>Belles Breakfast 9 am – 11 am</p> <p>Better Balance 11 am and 12 noon</p> <p>Community Shopping Bus Unley Central and Swim Centre Pick up from 9 am Return 1 pm</p>	<p>Buddies at Breakfast 8.30 am – 10.30 am</p> <p>Community Shopping Bus Unley Central Pick up from 9 am Return 12 noon</p> <p>Castle Plaza Pick up from 9 am Return 1 pm</p>

** All return times are approximate only