

HEALTH & WELLBEING 2025

UNLEY COMMUNITY CENTRE Feb – Jun



Free monthly sessions focused on health and wellbeing for the over fifties. From health and nutrition, through to travelling and gardening tips and tricks. Get valuable insights, expert advice and the opportunity to learn, share, and connect with others in your community.

3rd Monday of each Month at 1pm (Feb - Nov)
UNLEY COMMUNITY CENTRE, 18 Arthur Street, Unley
Free, Bookings Essential, Phone 8372 5128

**Turn over to view workshop program

CELEBRATING THE OVER FIFTIES WITH LIFE LONG LEARNING

17
Feb

Let's Go Online to Buy and Sell!

Remember the Classified Ads in the Newspaper? We certainly do and WOW things have changed!

In this presentation by the Catalyst Foundation we will explore some of the benefits of using 3 of the most popular *on-line* buying and selling platforms. Discuss the use of eBay, Gumtree (owned by eBay) and Facebook Marketplace and how to try and get the best deal. Get important tips on how to stay safe and secure (physically and digitally) when using these platforms.

17
March

Pruning 101

Many plants will perform better with regular pruning, however for many people the task can be daunting and overwhelming. Horticulturalist Peter Wilson will discuss plant growth and development and share some basic rules guaranteed to make the task much simpler.

Focusing on shrubs and deciduous pruning, understand the tools, rules and principles to help guide your pruning; resulting in healthier, happier plants.

7
April
*Note 1st Monday

Managing Stress and Anxiety

Learn about stress & anxiety and then practice different exercises and techniques to help manage this.

Join us for this interactive workshop run by Psychologist Brooke Michell, Director of Calm Space Psychology.

19
May

DIY Cleaning and Personal Care Products

Want to reduce plastic and chemicals in your home whilst saving money? KESAB will show you how, using cheap and accessible ingredients, with this DIY home and body care products workshop.

This hands-on workshop includes a presentation with information and ideas about environmentally conscious ways to clean your home and care for your body. Plus each participant will have the opportunity to make up to 6 different products to take home.

16
June

Planning Ahead

We all want to live our lives with dignity and to have control over the decisions that impact us. Planning ahead today is the best way to ensure that we can continue to have input into these decisions.

In this education session run by Legal services commission of SA we will discuss Advance Care Directives, Enduring Powers of Attorney and Wills – the legal tools that can be used to help ensure you have a voice; and that your wishes are upheld.

Health & Wellbeing 3rd MONDAY OF THE MONTH, 1PM
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