

EngAGE UNLEY



Photo - Enjoying the sunshine on a recent wellbeing bus trip to Glenelg.

Welcome

Welcome to our new look newsletter, specifically designed for older adults living in the City of Unley. Whether you're seeking information, inspiration, or simply a delightful read, this newsletter is your go-to. Inside each edition you'll find practical tips and information about activities, services and supports available in your local community.

Keep an eye out for our Spring edition. If you'd like it delivered straight to your inbox, please email wellbeingprogram@unley.sa.gov.au. And as always, if you have ideas for things you'd like included, or are looking for information or supports relevant to older adults, email or call us on **8372 5198**.

Funded by the Australian Government Department of Health. Although funding for this program has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

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.

Which one will you focus on today, this week, or this month?

Did you know?

Did you know that there have been changes to parking laws in South Australia? Some of these changes could affect you!

Parking near a driveway

Previously, people parking near a driveway were required to leave a 1.8 metre space either side of the driveway when parking. The law is now that a vehicle can park up to but not over a driveway.

If someone parks over your driveway and you need to exit your property, you can call SAPOL's non-emergency line (131 444) for assistance. They will do a search on the vehicle owner and try to contact them to move the vehicle. If you do not need to leave your property, Council can attend to issue an infringement, but cannot move the vehicle.

Fire Hydrants

You may have noticed that there are some new identifiers for fire hydrants. Previously an active hydrant was marked by a white post with a red cap, situated on the verge parallel to the hydrant under the road. Hydrants can also now be identified by a short yellow line on the roads edge with a blue reflector or cats eye in the middle of the road.

So if you see either of these Hydrant identifiers, make sure not to park over it!

Abandoned Vehicles

Previously, a vehicle parked on the street was required to move every 24hrs, and if the car stayed in the same location more than a 24hr period, Council could attend to start the abandoned vehicle investigation.

Now, if a vehicle is parked on the street legally, Council is not permitted to consider removing/impounding the vehicle unless Council reasonably believes that the vehicle has been abandoned. If Council can establish that the vehicle belongs to someone on the street, it will not be considered abandoned, and we are not able to remove the vehicle.

For all other questions, call us on **8372 5111**, 8:30am to 5:00pm Monday to Friday.

What is National Reconciliation Week?

At its heart, reconciliation is about strengthening relationships between Aboriginal and Torres Strait Islander peoples and non-Indigenous peoples, for the benefit of all Australians. Each year, National Reconciliation Week is celebrated 27 May to 3 June. These dates commemorate two significant milestones — the successful 1967 referendum, and the High Court Mabo decision respectively.



A brief history

National Reconciliation Week started in 1993 as the Week of Prayer for Reconciliation and was supported by Australia's major faith communities.

In 1996, the Council for Aboriginal Reconciliation launched Australia's first National Reconciliation Week.

In 2001, Reconciliation Australia was established to provide national leadership on reconciliation.

In the same year, approximately 300,000 people walked across Sydney Harbour Bridge as part of National Reconciliation Week and subsequently across bridges in cities and towns to show their support for reconciliation.

Today, National Reconciliation Week is celebrated in workplaces, schools and early learning services, community organisations and groups, and by individuals Australia-wide.

Reconciliation Week in Unley

To commemorate Reconciliation Week this year, we extend an invitation to join us at the Unley Town Hall, on Thursday, 30th May, from 6:30 pm to 8:00 pm, to hear local Elders share their insights on **What is the Dreamtime and Dreaming**. For more details, please visit www.unley.sa.gov.au/Culture-and-the-Arts-in-Unley/Reconciliation

GRANDFriends – an Intergenerational Program

Building on the success of last year's inaugural GRANDFriends program, the Council is thrilled to partner with Glenunga International High School to host the next iteration of the program. With the focus on fun, building friendships and learning new skills, adults aged 65+ years and select students in Grades 7 -10 will come together over five consecutive sessions. Activities will include quality conversation, lawn bowls, art, and games.

Participants of the first program were glowing in their feedback:

"I have more things in common than I thought with the older generation."

"No matter the age, we all have similar experiences and ideas."

"There are MANY other people out there just like me, even if they are generations older."

WHEN: 10.30am-12.30pm, Fridays – 31 May, 7 June, 14 June, 21 June and 28 June.

WHERE: Unley Oval Community Hub, Trimmer Tce, Unley.

REGISTRATION:

Contact Jill Andrews, Active Ageing Project Officer, jandrews@unley.sa.gov.au or **8372 5457** or go to www.grand-friends-with-glenunga.eventbrite.com.au



Can Your Beliefs About Ageing Impact Health and Longevity?

The answer is Yes! People's beliefs about ageing have a profound impact on their health, influencing everything from how well they walk, how fully they recover from illness, and how long they live. A 2002 study found that people with a positive mindset about ageing lived an average of 7.5 years longer than those with a negative attitude about ageing.

When ageing is seen as a negative experience (characterised by terms such as decrepit, incompetent, dependent, and senile), individuals tend to experience more stress in later life and engage less often in healthy behaviours such as exercise and staying connected with friends. When views are positive (signalled by words such as wise, alert, accomplished, and creative), people are more likely to be active and resilient and to have a stronger will to live.

So if you want to live a longer healthier life take note of your attitude about ageing.

Excerpt from article in Blue Zones Newsletter



FREE Community Seminar



Are you concerned that you, or someone you care about, might have dementia?

You are invited to attend this free community information session to:

- Learn about the difference between normal ageing and the early signs and changes associated with dementia.
- Explore approaches on how to discuss your concerns with others.
- Find out how, why, and when to get an assessment.
- Know the benefits of getting a diagnosis. Learn how to reduce your risk of dementia and improve your brain health.

SEMINAR #1: 7pm-8.30pm, Thursday 18th July

SEMINAR #2: 2pm-3.30pm, Wednesday 24th July

VENUE: Unley Town Hall, Oxford Terrace, Unley

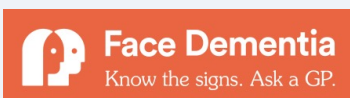
TO REGISTER:

1. Contact Jill Andrews, Active Ageing Project Officer
jandrews@unley.sa.gov.au or 8372 5111

OR 2. Go to <https://www.eventbrite.com.au/e/face-dementia-free-community-seminar-tickets-884616390437>



www.facedementia.au



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 this process, contact Council's **Wellbeing Program** on **8372 5191** or **My Aged Care** on **1800 200 422** to arrange a referral. It's a simple process and can open lots of new opportunities for you.

Flexible Respite Service

Caring for an older person? Would a break or some time to yourself help you continue your caring role?

Residents with a My Aged Care referral can receive up to five hours a week of daytime support so you, as a carer, can have time to yourself, while the person you care for is being looked after at home or out in their local community. Alternatively, we can assist you with tasks around the home to free you up to focus on your caring responsibilities.

For a confidential discussion about your situation and whether this service is right for you, please call us on **8372 5191**.

Technology Assistance

Do you need some assistance with technology?

We have some very knowledgeable CHSP volunteers ready to assist you 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

Talking technology

We have a host of programs and sessions to help you understand and make use of technology.

Reboot

Reboot is an Unley Libraries digital literacy program designed to spark your learning, improve your confidence and get the most out of the latest technology – in a relaxed, fun and inter-active way.

To find out more or make a booking, drop into your library, call us on 8372 5100, or visit www.unley.sa.gov.au/reboot

Tech Help (one-on-one)

Do you need assistance learning your digital device, or perhaps have a technology question or would like to get online? Bring along your device, (or use one of ours), and our friendly Tech Help staff and volunteers will assist you to build your confidence and skills with technology.

We can help you with basic computing and device skills, email, social media, downloading eBooks, and much more.

Sessions are held at the Unley and Goodwood libraries. Phone 8372 5100 for information on dates and times.

Tea and Tech

Drop in, grab a cuppa and talk technology. Whether you have a specific question or just want to learn more about apps, settings and what your device can do. Bring along your device. Suitable for beginners and all levels.

Next session: Tuesday 25 June, 2.00-3.30pm, Tech Lab, Unley Library, 181 Unley Rd, Unley. No bookings required.

eLibrary

Did you know that you can access eBooks, eAudiobooks, news-papers, magazines, movies, documentaries and education sessions – all free with your library card and PIN. To find out how visit unley.sa.gov.au/elibrary

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 or call us on **8372 5191**.



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

Belles Breakfast

Belles Breakfast is a CHSP social program for women. It's a great opportunity to meet other women living in your community, make new friends in a safe, and friendly environment – and let someone else do the cooking!

There are many benefits in regular connections and positive social support - plus a range of interesting speakers or activities follow the breakfast each week.

Belle's Breakfast is held 9 to 11am Thursday mornings at the Unley Park Sports Club, 8 Northgate St, Unley Park.

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



Community Car Transport

In addition to supporting residents to get to health and medical appointments, the CHSP Community Car program recognises the importance of staying connected and being involved. Transport can also be provided to attend social programs, get to other kinds of appointments or visit friends or family.

Our Community Car transport is delivered by a fabulous team of volunteers – and we're currently on the lookout for more! Please be aware that transport depends on the availability of volunteers, and medical transport always takes priority.

For further information or to make a booking please contact our Community Transport Coordinator on **8372 5405**.



Intergenerational Playgroup

Are you “young at heart” and interested in joining our Playgroup session?

Meals on Wheels has partnered with our playgroup to extend our playtime fun to include seniors aged 50+. Bringing different generations together fosters understanding and respect between generations and breaks down social barriers and isolation sometimes experienced by new parents and older people.



To register contact Rhiannon on **8273 1324** or email marketing@mealsonwheelsa.org.au

Tuesdays, 10-11.30am

Goodwood Community Centre,
32-34 Rosa Street, Goodwood

What's on

Here's a sample of programs, services and activities available to everyone in our community.

Upcoming Exhibitions at the Hughes Gallery

Fullarton Park Community Centre,
411 Fullarton Road,
Fullarton

Gallery opening hours:
Monday - Friday, 10am - 4pm; weekends and public holidays only available if artist is in attendance (please enquire beforehand for viewing times).



7- 30 June 2024

Imprinted Landscapes -
Laura Gent



5 - 28 July 2024

Views of our world
- Jill Halliday and
Lesley Stevens

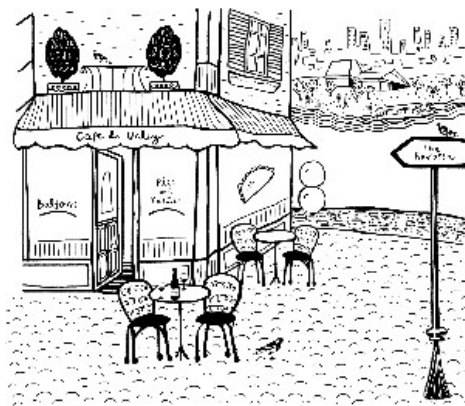


2- 25 August 2024

Reflections -
Flowers, chandeliers
and vintage china-
Katrina Linn

Upcoming Exhibitions at the Unley Museum

Old Unley Fire Station Building, 80 Edmund Ave, Unley



Open until 27 July

SA We Are A Little Francais

An exhibition celebrating the unique influence of the French on South Australian culture.

The activities of our strong French community have greatly influenced the SA way of life. From wine to food, fashion, art and industry, discover our unique Frenchness through stories from our very beginnings until today. SA, we really are a little bit Francais!

A collaboration between City of Unley and Flinders University.



Thursday 27 June 5.30-7.30pm

A Journey Into the Operatic World with Gisele Blanchard

Join us for an enchanting evening as we embark on a musical journey through the operatic world with the talented South Australian French Opera Singer Gisele Blanchard.

Free event but bookings are essential. To book visit www.unley.sa.gov.au/Eventbrite/MUS-A-Journey-in-the-Operatic-World-With-South-Australian-French-Opera-Singer-Gisele-Blanchard-879296488467

City of Unley and Flinders University.

Upcoming Exhibitions at the Unley Library and Town Hall

Unley Civic Library, 181 Unley Rd, Unley



Sunday 9 June 2.30-4.30pm at the Unley Town Hall

The Art of Ikebana- A Presentation

Ikebana is the Japanese art of flower arranging. It is renowned for its simplicity, and has been a part of Japanese culture for over 600 years. Enjoy a demonstration by teachers of the Sogetsu School of Ikebana in Tokyo. Learn how flowers, branches and other items can be transformed.

Bookings Essential. Cost: \$4.

Call **8372 5100** to book or book online at unley.sa.gov.au/libraryevents



Thursday, 20 June 6.30-8pm at the Unley Town Hall

An Evening with Henry Olonga

Join us for a conversation with Henry, former Zimbabwean cricketer whose black armband protest against Robert Mugabe at the 2003 World Cup saw him branded a traitor, sentenced to death in his absence, and forced to dramatically flee his homeland and his family. He will chat about his life story 'Blood, Sweat and Treason' and finish with a Q&A.



First Saturday of the month 2-3.30pm at the Unley Civic Library

Yarnistas

Do you love to crochet or knit? Join a friendly group, that meet monthly, to share skills and pick up some tips. If you are a beginner, come and learn the basics. Be inspired to try new techniques and meet others who share an interest in these crafts.

Free. No bookings required. Please bring your own supplies and equipment.

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 and search for community centres, or call us on **8372 5111**.

CHSP WELLBEING BUS TRIPS

JUNE 2024 CALENDAR

Bookings open Tuesday 28 May at 9am - Telephone 8372 5175 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 and for another participant to attend.

Tuesday 4 June



Lunch at the Stirling Hotel, Stirling

The Stirling Hotel is located in the beautiful 'garden village' of Stirling, in the Adelaide Hills. Join us for a delightful lunch in a gorgeous setting. Senior card holders receive 25% discount (excludes small & share menu options).

Time: 11.45am – 2pm

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

Wednesday 12 June



Long Walk - Linear Park Trail to Henley Beach

Join us for a 2.5km walk along the Linear Park Trail from Fulham to the river mouth at West Beach/Henley Beach. Enjoy lunch at a local venue before heading home.

Time: 10.30am-2.30pm

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

Monday 17 June



International Buffet lunch at the Watermark Hotel, Glenelg.

Have your pick from the delicious selection. The buffet is better than ever, offering hot soups and entrees, fresh salads, succulent roasts and an extensive range of Asian dishes. To finish it off, you'll be spoiled for choice with the wide range of dessert options.

Time: 11.30am-2.30pm

Cost: Level 1 - \$8.50, Level 2 - \$11.50, \$2.50 pick-ups each way, seniors buffet lunch \$24.95.

Monday 24 June



Lunch at the Lobethal Bakery and visit Melba's Chocolate Factory.

The Lobethal Bakery offers an extensive range of tasty baked goods, breads, cakes, sandwiches and coffee. With so many tasty offerings, the hardest part will be deciding whether to start with sweet or savoury. On the way home we will visit Melba's Chocolates and Confectionery Factory. Melba's offers an exciting opportunity to discover old-fashioned lollies and chocolates.

Time: 11am – 2.30pm

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

WHAT'S ON JUNE 2024 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
03	04	05	06	07
<p>Tai Chi –10am</p> <p>Community Shopping Bus Gaganis Bros & Omega Foods, Hindmarsh Passenger pick up from 9am. Approx return time 12noon</p>	<p>Walking Group –10am</p> <p>Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon</p> <p>Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm</p> <p>Wellbeing Bus Trip Lunch at Stirling Hotel 11.45am-2pm</p>	<p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Pasadena Shopping Centre Passenger pick up from 9am. Approx return time 12noon</p>	<p>Belles Breakfast 9am to 11am</p> <p>Better Balance 11am & 12noon</p> <p>Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm</p>	<p>Buddies at Breakfast 8.30am to 10.30am</p> <p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Castle Plaza Passenger pick up from 9am Approx return time 1pm</p>
10	11	12	13	14
<p>Public Holiday</p>	<p>Walking Group –10am</p> <p>Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon</p> <p>Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm</p>	<p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Burnside Village Shopping Centre Passenger pick up from 9am. Approx return time 12noon</p> <p>Wellbeing Bus Trip Long Walk- Linear Park Trail, Henley Beach 10.30am-2.30pm</p>	<p>Belles Breakfast 9am to 11am</p> <p>Better Balance 11am & 12noon</p> <p>Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm</p>	<p>Buddies at Breakfast 8.30am to 10.30am</p> <p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Castle Plaza Passenger pick up from 9am Approx return time 1pm</p>
17	18	19	20	21
<p>Tai Chi –10am</p> <p>Wellbeing Bus Trip Lunch at Watermark Hotel, Glenelg 11.30am-2.30pm</p>	<p>Walking Group –10am</p> <p>Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon</p> <p>Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm</p>	<p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>West Lakes Westfield Shopping Centre Passenger pick up from 9am. Approx return time 12noon</p>	<p>Belles Breakfast 9am to 11am</p> <p>Better Balance 11am & 12noon</p> <p>Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm</p>	<p>Buddies at Breakfast 8.30am to 10.30am</p> <p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Castle Plaza Passenger pick up from 9am Approx return time 1pm</p>
24	25	26	27	28
<p>Tai Chi –10am</p> <p>Wellbeing Bus Trip Lunch at the Lobethal Bakery 11am-2.30pm</p>	<p>Walking Group –10am</p> <p>Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon</p> <p>Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm</p>	<p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Ingle Farm Shopping Centre Passenger pick up from 9am. Approx return time 12noon</p> <p>Community Bus Out & About Trip to Southern Beaches Passenger pick up from 9.30am. Approx return time 2.30pm</p>	<p>Belles Breakfast 9am to 11am</p> <p>Better Balance 11am & 12noon</p> <p>Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm</p>	<p>Buddies at Breakfast 8.30am to 10.30am</p> <p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Castle Plaza Passenger pick up from 9am Approx return time 1pm</p>

CHSP WELLBEING BUS TRIPS

JULY 2024 CALENDAR

Bookings open Tuesday 25 June at 9am - Telephone 8372 5175 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 and for another participant to attend.

Tuesday 2 July

Lunch at the Oak and Iron Tavern, Auchendarroch House, Mount Barker



The Oak and Iron Tavern is located in the historic Auchendarroch House. Enjoy the magnificent gardens, delicious food and cozy atmosphere.

Time: 11.45am-3.00pm

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

Monday 8 July

South Australian Museum visit and lunch



The South Australian Museum is dedicated to ensuring that all visitors have an enjoyable experience. All exhibits within the Museum can be accessed with a lift available to all levels. The Museum has five floors and endless wonders to discover. After exploring the Museum enjoy a bite to eat in the Museum Café.

Time: 11am – 2.30pm

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

Monday 15 July

Long Walk - St Peters Billabong, St Peters



Join us on a walk around the St Peters Billabong. It is a local treasure which is home to a thriving ecosystem. The billabong and its surrounding natural landscape have been carefully nurtured over many years. We'll stop for a well earned lunch before returning to Fullarton.

Time : 10.30am-2.30pm

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

Wednesday 24 July

Lunch at Stella Restaurant, Henley Beach



Enjoy a sumptuous Italian lunch by the sea. Stella Restaurant is located in Henley Square with a beautiful outlook to the ocean and jetty at Henley Beach.

Time: 11.45am- 3.15pm

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

WHAT'S ON JULY 2024 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
01	02	03	04	05
<p>Tai Chi –10am</p> <p>Community Shopping Bus Gaganis Bros & Omega Foods, Hindmarsh Passenger pick up from 9am. Approx return time 12noon</p>	<p>Walking Group –10am</p> <p>Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon</p> <p>Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm</p> <p>Wellbeing Bus Trip Lunch Oak & Iron Tavern, Mount Barker 11.45am-3pm</p>	<p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Pasadena Shopping Centre Passenger pick up from 9am. Approx return time 12noon</p>	<p>Belles Breakfast 9am to 11am</p> <p>Better Balance 11am & 12noon</p> <p>Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm</p>	<p>Buddies at Breakfast 8.30am to 10.30am</p> <p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Castle Plaza Passenger pick up from 9am. Approx return time 1pm</p>
08	09	10	11	12
<p>Tai Chi –10am</p> <p>Wellbeing Bus Trip South Australian Museum 11am-2.30pm</p>	<p>Walking Group –10am</p> <p>Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon</p> <p>Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm</p>	<p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Burnside Village Shopping Centre Passenger pick up from 9am. Approx return time 12noon</p>	<p>Belles Breakfast 9am to 11am</p> <p>Better Balance 11am & 12noon</p> <p>Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm</p>	<p>Buddies at Breakfast 8.30am to 10.30am</p> <p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Castle Plaza Passenger pick up from 9am. Approx return time 1pm</p>
15	16	17	18	19
<p>Tai Chi –10am</p> <p>Wellbeing Bus Trip Long Walk- St Peters Billabong, St Peters 10.30am-2.30pm</p>	<p>Walking Group –10am</p> <p>Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon</p> <p>Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm</p>	<p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>West Lakes Westfield Shopping Centre Passenger pick up from 9am. Approx return time 12noon</p>	<p>Belles Breakfast 9am to 11am</p> <p>Better Balance 11am & 12noon</p> <p>Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm</p>	<p>Buddies at Breakfast 8.30am to 10.30am</p> <p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Castle Plaza Passenger pick up from 9am. Approx return time 1pm</p>
22	23	24	25	26
<p>Tai Chi –10am</p>	<p>Walking Group –10am</p> <p>Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon</p> <p>Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm</p>	<p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Ingle Farm Shopping Centre Passenger pick up from 9am. Approx return time 12noon</p> <p>Wellbeing Bus Trip Lunch at Stella Restaurant, Henley Beach 11.45am-3.15pm</p>	<p>Belles Breakfast 9am to 11am</p> <p>Better Balance 11am & 12noon</p> <p>Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm</p>	<p>Buddies at Breakfast 8.30am to 10.30am</p> <p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Castle Plaza Passenger pick up from 9am. Approx return time 1pm</p>
29	30	31		
<p>Tai Chi –10am</p>	<p>Walking Group –10am</p> <p>Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon</p> <p>Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm</p>	<p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Community Bus Out & About Trip to Mount Lofty Summit Passenger pick up from 10am. Approx return time 2pm</p>		

CHSP WELLBEING BUS TRIPS

AUGUST 2024 CALENDAR

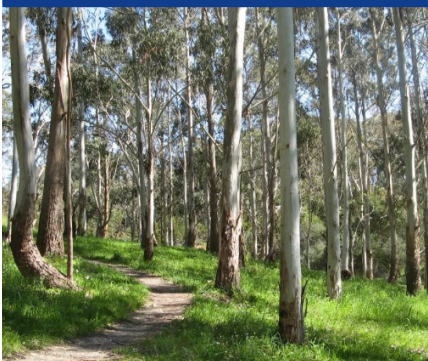
Bookings open Tuesday 23 July at 9am - Telephone 8372 5175 or 8372 5191

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 and for another participant to attend.

Due to the limited number of trips this month, please book onto 1 trip only.

Thursday 1 August

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: 10.00am – 2.00pm

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

Tuesday 20 August

Morning tea at St Peters Bakehouse & Coffee Shop



Join us for a chat and a cuppa at St Peters Bakehouse. Perhaps indulge in one of the delectable offerings- you're sure to find something to tempt your tastebuds.

Time: 10.30am-12.30pm

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

Monday 26 August

Lunch at Knots Kitchen, Lakes Hotel, West Lakes



Located on the peaceful waters at West Lakes enjoy lunch with a view. Select from the many options available at Knots Kitchen at the Lakes Hotel.

Time: 11.30am-2.30pm

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

Social and Wellbeing Program Etiquette

We all want to feel safe, supported, and welcome. Our CHSP programs and services value respect, tolerance, equity and inclusion. Participants whose language or behaviour is not consistent with these values may be refused service.

WHAT'S ON AUGUST 2024 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			01	02
			<p>Belles Breakfast 9am to 11am</p> <p>Better Balance 11am & 12noon</p> <p>Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm</p> <p>Wellbeing Bus Trip Long Walk Woorabinda Lake, Stirling 10am-2pm</p>	<p>Buddies at Breakfast 8.30am to 10.30am</p> <p>Community Shopping Bus Unley Central Passenger pick up from 9am Approx return time 12noon</p> <p>Castle Plaza Passenger pick up from 9am Approx return time 1pm</p>
05	06	07	08	09
<p>Tai Chi –10am</p> <p>Community Shopping Bus Gaganis Bros & Omega Foods, Hindmarsh Passenger pick up from 9am. Approx return time 12noon</p>	<p>Walking Group –10am</p> <p>Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon</p> <p>Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm</p>	<p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Pasadena Shopping Centre Passenger pick up from 9am. Approx return time 12noon</p>	<p>Belles Breakfast 9am to 11am</p> <p>Better Balance 11am & 12noon</p> <p>Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm</p>	<p>Buddies at Breakfast 8.30am to 10.30am</p> <p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Castle Plaza Passenger pick up from 9am Approx return time 1pm</p>
12	13	14	15	16
<p>Tai Chi –10am</p>	<p>Walking Group –10am</p> <p>Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon</p> <p>Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm</p>	<p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Burnside Village Shopping Centre Passenger pick up from 9am. Approx return time 12noon</p>	<p>Belles Breakfast 9am to 11am</p> <p>Better Balance 11am & 12noon</p> <p>Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm</p>	<p>Buddies at Breakfast 8.30am to 10.30am</p> <p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Castle Plaza Passenger pick up from 9am Approx return time 1pm</p>
19	20	21	22	23
<p>Tai Chi –10am</p> <p>Community Bus Out & About Trip Harbour Town Retail Outlets. Passenger pick up from 10am. Approx return time 2pm</p>	<p>Walking Group –10am</p> <p>Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon</p> <p>Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm</p> <p>Wellbeing Bus Trip Morning Tea at St Peters Bakehouse & Coffee Shop 10.30am-12.30pm</p>	<p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>West Lakes Westfield Shopping Centre Passenger pick up from 9am. Approx return time 12noon</p>	<p>Belles Breakfast 9am to 11am</p> <p>Better Balance 11am & 12noon</p> <p>Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm</p>	<p>Buddies at Breakfast 8.30am to 10.30am</p> <p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Castle Plaza Passenger pick up from 9am Approx return time 1pm</p>
26	27	28	29	30
<p>Tai Chi –10am</p> <p>Wellbeing Bus Trip Lunch at Knots Kitchen, Lakes Hotel, West Lakes 11.30am-2.30pm</p>	<p>Walking Group –10am</p> <p>Community Shopping Bus Unley Central- AM Passenger pick up from 9am. Approx return time 12noon</p> <p>Unley Central- PM Passenger pick up from 1pm. Approx return time 3.30pm</p>	<p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Ingle Farm Shopping Centre Passenger pick up from 9am. Approx return time 12noon</p>	<p>Belles Breakfast 9am to 11am</p> <p>Better Balance 11am & 12noon</p> <p>Community Shopping Bus Unley Central Various passenger pick ups starting from 9am. Approx return time 1pm</p>	<p>Buddies at Breakfast 8.30am to 10.30am</p> <p>Community Shopping Bus Unley Central Passenger pick up from 9am. Approx return time 12noon</p> <p>Castle Plaza Passenger pick up from 9am Approx return time 1pm</p>

City of Unley Community Bus

A door-to-door bus service is available to all residents living in the City of Unley. Regular services run to Unley and Castle Plaza shopping centres. Monthly services to Burnside Village, Pasadena, and West Lakes Shopping Centres, Gaganis Bros, and other destinations.

Residents must be able to get on and off the bus independently, and be independent while at the destinations.

To register to use this service and to receive a timetable 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
Wednesday 26 June 2024 Bookings open Wednesday 12 June 2024	Relaxing drive along the Southern Beaches Enjoy a relaxing drive along the Southern beaches, Glenelg, Brighton and Seacliff to unwind. Lunch at the Seacliff Beach Hotel Variety of Seniors low cost meals available.	Bus donation \$8 Lunch at own cost	9.30am – 10.30am Bus commences pick ups
			11.30am – 12noon Drive along Brighton and Seacliff beach before heading for lunch
			2.30pm Lunch at Seacliff Beach Hotel
			1.30pm – 2.30pm Commence trip home
Wednesday 31 July 2024 Bookings open Wednesday 17 July 2024	Mount Lofty Summit Located on top of Adelaide's highest peak, it would be hard to find a more unique location. The Summit features panoramic views overlooking Cleland National Park, with the Adelaide City backdrop.	Bus donation \$8 Lunch at own cost	10.00am – 11.00am Bus commences pick ups
			12.00pm – 1.00pm Lunch at the Summit Cafe
			1.30pm – 2.00pm Commence trip home
Monday 19 August 2024 Bookings open Monday 5 August 2024	Harbour Town Retail Outlets Take a trip to HarbourTown and browse through the stores to snap up a bargain. Harbour Town Premium Outlets are Adelaide's only outdoor, outlet shopping destination, with stores having up to 70% off everyday !	Bus donation \$8 Lunch at own cost	10.00am – 10.30am Bus commences pick ups
			12.00pm – 1.00pm Choose where you would like to take a break for your lunch. The Concierge has put aside space for the bus passengers in the Lounge area to eat lunch.
			1.30pm – 2.00pm Commence trip home