

Hand and Foot

1/10/2011 - 29/10/2011, 1-3:30pm, 1st Session free. Normally \$2
Jack Young Centre, 1 Orange Ave, Salisbury
Card game similar to canasta. Beginners welcome. Every Saturday. Contact, 82587286

Whist Drive

1/10/2011 - 29/10/2011, 1-3:30pm, \$4 per session. Tea/coffee included
Jack Young Centre, 1 Orange Ave, Salisbury
Knowledge of the game is preferred but beginners willing to learn are welcomed. This group meets every Tuesday. Contact, 82587286

Indoor Bowls

1/10/2011 - 29/10/2011, 1-3:30pm, 1st Session free for new participants during October. Normally \$2
Jack Young Centre, 1 Orange Ave, Salisbury
Suitable for beginners or experienced players. Every Saturday. Contact, 82587286

Saturday Bingo

1/10/2011 - 29/10/2011, 12:10pm, \$1.40
Grenville Community Connections Hub, Playford Boulevard, Elizabeth
Social morning tea prior to eyes down at 12:10pm every Saturday. Contact Grenville Reception, 82560377

Whist Drive

1/10/2011 - 29/10/2011, 1-3:30pm, \$4 per session
Jack Young Centre, 1 Orange Ave, Salisbury
Friendly group of players. Beginners welcome. Every Saturday. Contact, 82587286

Bingo

1/10/2011 - 29/10/2011, 12:15pm
Salisbury RSL, North Lane. Salisbury
A relaxed bingo session. Every Saturday. Contact, 82586016

Rummykins

1/10/2011 - 29/10/2011, 9:30am-12noon, 1st Session free for more new participants during October. Normally \$2
Jack Young Centre, 1 Orange Ave, Salisbury
This board game uses tiles similar to dominoes. Players lay the tiles as they would a hand of rummy. Beginners welcome. Every Saturday. Contact, 82587286

Planetarium Public Openings

1/10/2011 - 15/10/2011, 2:45pm, \$6 per adults and \$4 for children
P Building, UniSA Mawson Lakes Campus, Mawson Lakes
Public openings on the 1st and 3rd Saturday of every month. Group bookings also by appointment 7 days a week. Contact Penny, 83023138

Sunday Shuffle/Dance

2/10/2011 - 30/10/2011, 7-11pm, \$4 per person
Salisbury RSL, 19 Park Tce, Salisbury
A 60/40 Sunday Shuffle/Dance night for those who enjoy the social outing with a bit of exercise. Meals available between 5.30pm and 7.30pm. Contact Lyne, 82586016.

Housing Support

2/10/2011 - 30/10/2011, 9am-5pm, Free
Jack Young Centre, 1 Orange Ave, Salisbury

Free confidential accomodation advice to people on a low income. This service is available by appointment. Every Sunday. Contact, 84068227

Basic Internet Searching and Webmail

2/10/2011 - 30/10/2011, Various times, Free

Salisbury West Library, Hollywood Blvd, Salisbury Downs

Attend a training session to help make the most of resources available to you on the internet. Every Friday. Bookings essential. Contact, 82582788

Basic Internet Searching and Webmail

2/10/2011 - 30/10/2011, Various times, Free

The Sunset Room, Ingle Farm Library, Beovich Rd, Ingle Farm

Attend a training session to help make the most of resources available to you on the internet. Every Sunday. Bookings essential. Contact, 84068284

Archery Club

2/10/2011 - 30/10/2011, 9am-12noon

Ingle Farm Recreation Centre, Beovich Rd, Ingle Farm

Lessons available for beginners to advanced archers. Beginners come and try sessions every Sunday. Equipment provided. Enquiries Steve, 82662285

Home Support Service

3/10/2011 - 31/10/2011, 9am-5pm, Free

Jack Young Centre, 1 Orange Ave, Salisbury

Services include domestic assistance, social support, minor maintenance, shopping assistance, advocacy and referrals. Mon-Fri. Contact, 84068225

Squash and Racquetball

3/10/2011 - 31/10/2011, 9am-3pm, 30 min court hire \$12

Ingle Farm Recreation Centre, Beovich Rd, Ingle Farm

Grab a racquet and a friend and head to Ingle Farm to hire a court . Bookings essential. Mon-Fri. Contact, 82630411

Body Vive

3/10/2011 - 24/10/2011, 9:15am, \$15 Adult; \$11 Concession

STARplex, 18-20 Alexander Avenue, Evanston Park

A low impact cardio-strength-tone & shape-abs & core workout where you choose how hard you work. Fun & fizzing with energy!. Every Monday. Contact STARplex, 85220622

Computer Tutoring

3/10/2011 - 31/10/2011, Morning and afternoon lessons available, \$20 for a block of lessons

Jack Young Centre, 1 Orange Ave, Salisbury

One on one tutoring for beginners up to the experienced. Blocks of five 1.5hr lessons. Mon-Fri. Call 82587286 to register your interest.

Computing for beginners - level 1 and 2

3/10/2011 - 31/10/2011, Various times, \$4 per week

Morella Community Centre, 90 Kings Rd, Parafield Gardens

Learn the basics of how to use a computer. Courses are in blocks of 9 weeks. Contact, 82507786

Heart Foundation Walking

3/10/2011 - 31/10/2011, 7:15pm, Free

Mawson Lakes - lakes edge opposite the "Boat Deck Café", Mawson Lakes Boulevard

Free community based walking program. Trained volunteer leaders. Every Monday, Tuesday, Wednesday and Thursday 7:15pm. Contact Elaine, 82603750 or Annie, 83025449.

Hear Better - Live Better

3/10/2011 - 31/10/2011, 10am-4pm, Free
Australian Hearing Centre, 959 North East Road, Modbury
Free hearing screenings and demonstration of the latest hearing technology including special devices for enhanced TV & radio enjoyment. Booking essential. Contact Australian Hearing, 131797

Tae Kwon Do

4/10/2011 - 25/10/2011, 6:30-8pm
Ingle Farm Recreation Centre, Beovich Rd, Ingle Farm
Every Tuesday. Contact Adrian, 82650763.

Heart Foundation Walking

4/10/2011 - 25/10/2011, 9:15am, Free
Salisbury Primary Health Care Services, Hollywood Boulevard, Salisbury Downs
Free community based walking program. Trained volunteer leaders. Every Tuesday. Contact Truyen or Pamela, 82817644

Heart Foundation Walking

4/10/2011 - 25/10/2011, 9am, Free
Para Hills Centre, Wilkinson Rd, Para Hills
Free community based walking program. Trained volunteer leaders. Every Tuesday. Contact, 82587286 or 83951520

Line Dancing Intermediate

4/10/2011 - 25/10/2011, 12:15-2:15pm, \$2.50
Grenville Community Connections Hub, Playford Boulevard, Elizabeth
Line dancing to great music. Every Tuesday. Contact Grenville Reception, 82560377

Darts

4/10/2011 - 25/10/2011, 1-3pm, 1st session free for new participants during October. Normally \$2
Jack Young Centre, 1 Orange Ave, Salisbury
Suitable for players with some experience. Every Tuesday. For more information, 82587286

Low Impact Fitness

4/10/2011 - 25/10/2011, 9:15-10am, \$2
Grenville Community Connections Hub, Playford Boulevard, Elizabeth
Low impact class for fitness & fun. Every Tuesday. Contact Grenville Reception, 82560377

Seniors Aqua Classes

4/10/2011 - 25/10/2011, 1pm, Come and try. First session free for new participants.
Parafield Gardens Swim School, Cnr Kings Rd and Martins Rds, Parafield Gardens
Low impact aqua aerobics classes designed for senior participants. Every Tuesday. Contact Kym A'Court, 82853666.

Shenenigans Folk Music

4/10/2011, 7:30-10:30pm, \$2
Grenville Community Connections Hub, Playford Boulevard, Elizabeth
Music night, music from around the world. Contact Grenville Reception, 82560377

Grenville Cyclists

4/10/2011 - 25/10/2011, 9:30am, \$2
Grenville Community Connections Hub, Playford Boulevard, Elizabeth
Intermediate cycling around surrounding area, back for morning tea. Every Tuesday. Contact Grenville Reception, 82560377

SA Pensions Club

4/10/2011 - 25/10/2011, 9:30am-12noon, \$2 per session.

Jack Young Centre, 1 Orange Ave, Salisbury

Social and friendly group. Various activities and entertainment. New members always welcome. Every Tuesday. Contact 82587286

Yoga

4/10/2011 - 25/10/2011, 9:45-10:45am, \$7 per class. First session for new participants is free during October

Para Hills Centre, Wilkinson Rd, Para Hills

Yoga is extremely effective in increasing flexibility, lubrication of the joints, ligaments and tendons. Excellent for toning the muscles. Every Tuesday.

Snooker/ Pool

4/10/2011 - 28/10/2011, 9am-12noon & 1-4:45pm, \$2

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Well maintained tables for social games. Contact Grenville Reception, 82560377

Machine Embroidery

4/10/2011 - 18/10/2011, 6-9pm, \$4 per class

Salisbury East Neighbourhood Centre, 28 Smith Rd, Salisbury East.

Join others with similar interests to take part in this activity. 1st, 3rd and 5th Tuesday of every month. Contact, 82852055

Table Tennis

4/10/2011 - 25/10/2011, 9:30-11:30am, normally \$2 per class. 1st session free for new participants

Jack Young Centre, 1 Orange Ave, Salisbury

Beginners welcome. Fun and social group. Every Tuesday. Contact, 82587286

Basic Internet Searching and Webmail

4/10/2011 - 25/10/2011, Various times, Free

Mawson Lakes Library, 2-8 Main St, Mawson Lakes

Attend a training session to help make the most of resources available to you on the internet. Every Tuesday. Bookings essential. Contact, 83025555

Games Group

4/10/2011 - 25/10/2011, 10am-12noon, During October 1st session free for new participants.

Normally \$2 per session

Para Hills Centre, Wilkinson Rd, Para Hills

This group plays a variety of board, card, dice games and do brain exercises. Every Tuesday. Contact, 83951520 (Mon, Tues and Fri) or 82587286.

Body Balance

4/10/2011 - 25/10/2011, 6:30pm, \$15 Adult; \$11 Concession

STARplex, 18-20 Alexander Avenue, Evanston Park

A holistic workout incorporating flexibility & strength exercises transporting your body & mind into a state of harmony & balance. Every Tuesday. Contact STARplex, 95220622

Table Tennis

4/10/2011 - 25/10/2011, 9am-12noon, \$6 non members \$2.50 members \$12 per year to be a member

Gardens Recreation Centre, Cnr Kings Rd and Martins Rds, Parafield Gardens.

Over 55s Table Tennis group. Fun and social group. Every Tuesday. Contact, 82814888

Chess

4/10/2011 - 25/10/2011, 12:30-4pm, 1st session free for new participants during October.
Normally \$2
Jack Young Centre, 1 Orange Ave, Salisbury
Suitable for beginners or experienced players. Every Tuesday. For more information, 82587286

Exercise & Dance

4/10/2011 - 25/10/2011, 10:30-11:45am, \$2
Grenville Community Connections Hub, Playford Boulevard, Elizabeth
Fun fitness class. Every Tuesday. Contact Grenville Reception, 82560377

SWELL Chair Based Exercise Program

4/10/2011 - 25/10/2011, 1-1:45pm, \$5 per session
Jack Young Centre, 1 Orange Ave, Salisbury
This Chair based exercise program aims to conservatively progress people through a program which will enable you to remain in independent living. Every Tuesday. Contact Noel, 0422370114

Grenville Craft Group

4/10/2011 - 25/10/2011, 1-3pm, \$1
Grenville Community Connections Hub, Playford Boulevard, Elizabeth
Bring your own craft and socialise with like minded people. Every Tuesday. Contact Grenville Reception, 82560377

Over 50s Club

4/10/2011 - 25/10/2011, 12:30-3:30pm, \$3 per visit & \$4 yearly fee
Ingle Farm Recreation Centre, Beovich Rd, Ingle Farm
Friendly group who meet for cards, bias bowls, straight line bowls and 8 ball. Every Tuesday.
Contact, 82619494

Line Dancing Early Inter

4/10/2011 - 25/10/2011, 2:30-4pm, \$2
Grenville Community Connections Hub, Playford Boulevard, Elizabeth
Line dancing for those who have limited experience. Every Tuesday. Contact Grenville Reception, 82560377

Over 40s Fitness

4/10/2011 - 25/10/2011, 10:30-11:30am, \$5 per session
Ingle Farm Recreation Centre, Beovich Rd, Ingle Farm
Losen those muscles and get the heart rate pumping as you take part in these aerobics sessions.
Every Tuesday. Contact, 82630411

Meditation

4/10/2011 - 25/10/2011, 12:30-1:30pm, 1st free for new participants during October. Normally \$7
Para Hills Centre, Wilkinson Rd, Para Hills
Practice muscle relaxation, de-stressing and calming and clearing of the mind. Every Tuesday.
Contact, 83951520

Tai Chi

4/10/2011 - 26/10/2011, 11am-12noon, \$5 per session. 1st session free for new participants
Para Hills Centre, Wilkinson Rd, Para Hills
The gentle flowing movement of Tai Chi involves concentration & focused breathing. Conducted by qualified instructor. Every Tuesday. Contact, 83951520 or 82587286

Indoor Bowls

4/10/2011 - 26/10/2011, 1-3pm, \$2.50 per session. First session free for new participants during October.
Para Hills Centre, Wilkinson Rd, Para Hills

Join a social game of bowls & enjoy a delicious afternoon tea. Beginners welcome. Every Tuesday. Contact, 83951520 (Mon, Tues and Fri) or 82587286.

Line Dancing

4/10/2011 - 25/10/2011, 1:30-3:30pm, \$6 per person

Salisbury East Neighbourhood House, 28 Smith Rd, Salisbury East

A popular form of dancing where no one needs a partner and everyone has fun. Every Tuesday during school terms. Bookings essential. Contact, 82852055

Time for Talking Discussion Group

4/10/2011 - 25/10/2011, 10am-12noon, 1st session free for new participants during October.

Normally \$2

Jack Young Centre, 1 Orange Ave, Salisbury

This group discusses everything and anything (except religion and politics!). This group meets every Tuesday. Contact, 82587286

Heart Foundation Walking

4/10/2011 - 25/10/2011, 9-11am, Free

Para Hills Centre, Wilkinson Rd, Para Hills

Safe and a great way to keep up your fitness & meet new people. Every Tuesday. Contact, 83951520 (Mon, Tues and Fri) or 82587286.

Language and Literacy Class

4/10/2011 - 26/10/2011, Various times, \$2 per class

Pooraka Farm Community Centre, 126 Henderson Ave, Pooraka.

An informal ongoing program which helps to increase vocabulary fluency and understanding of English language. Every Tuesday and Wednesday. Bookings essential. Contact, 82625544

Whist Drive

4/10/2011 - 26/10/2011, 1-3:30pm, \$4 per session. Tea/coffee included

Jack Young Centre, 1 Orange Ave, Salisbury

Knowledge of the game is preferred but beginners willing to learn are welcomed. This group meets every Tuesday. Contact, 82587286

Fit Ball

5/10/2011, 10:30am, Free

Wiltja Residential Program, Folland Avenue, Northgate

Demonstration on the use of fitballs. Contact Dot, 82613372 or Sue 0407619906

Beginners Computing

5/10/2011 - 26/10/2011, 10am-12noon & 1-3pm, \$12

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

6 week course for those who wish to learn how to use the computer. Every Wednesday. Bookings essential. Contact Grenville Reception, 82560377

Blenders

5/10/2011 - 26/10/2011, 12noon-3pm, Donation for afternoon tea

Helping Hand Aged Care, 437 Salisbury Highway, Parafield Gardens

Social meeting over lunch followed by stimulating activities of interest to people seeking the enjoyment of friendly companionship. Every Wednesday. Contact Kaye, 82857104

Spanish Speaking Seniors Group

5/10/2011, 10am-1pm, \$7 contribution

Ingle Farm Recreation Centre, Beovich Rdm Ingle Farm

This group is for older Spanish speaking people who wish to maintain their social participation. Friendly and welcoming group. Every fortnight. Contact Vesna, 84068227

Genealogy

5/10/2011 - 19/10/2011, 1-2:30pm, \$4 per class

The Paddocks Centre, Cnr Bridge Rd and Kesters Rd, Para Hills

Come along and research your family history. Access to specialised genealogy computer programs. 1st and 3rd Wednesday of the month. Contact, 82588099

Tai Chi-Shibashi

5/10/2011 - 26/10/2011, 11:15am-12noon, \$2

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Experience this fantastic form of exercise. Every Wednesday. Contact Grenville Reception, 82560377

Body Stretching & Condit

5/10/2011 - 26/10/2011, 12:30-1:15pm, \$4.50

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Aspects of body balance, pilates, stretching. Fully qualified instructors. Every Wednesday. Contact Grenville Reception, 82560377

Body Vive

5/10/2011, 6:30pm, \$15 Adult; \$11 Concession

STARplex, 18-20 Alexander Avenue, Evanston Park

A low impact cardio-strength-tone & shape-abs & core workout where you choose how hard you work. Fun & fizzing with energy!. Every Wednesday. Contact STARplex, 85220622

Bosnian Speaking Seniors Group

5/10/2011 - 19/10/2011, 10am-1pm, \$5 for lunch

Ingle Farm Recreation Centre, Beovich Rd, Ingle Farm

For older people from a Bosnian background. Activities include information sessions in Bosnian language, English language classes and group outings. Every fortnight. Contact Vesna, 84068227

Brain Gym

5/10/2011 - 19/10/2011, 10am-12noon, \$2; 1st session for new participants free during October.

Jack Young Centre, 1 Orange Ave, Salisbury

A variety of mental exercises, puzzles, games, activities, relaxation techniques and guest speakers on healthy brain matters. 1st and 3rd Wednesday of every month. Enquiries, 82587286

Broadband for Seniors

5/10/2011 - 26/10/2011, 2-3pm, Free

Para Hills Library, Wilkinson Rd, Para Hills

As part of an Australian Government initiative, 2 computers are available to provide broadband access to the internet for seniors. Every Wednesday. Bookings essential. Contact, 82642512

Tennis for Seniors

5/10/2011 - 26/10/2011, 9:30am, \$2 ball fee & \$3 for visitors

Salisbury Recreation Precinct (Happy Home Reserve) Waterloo, Corner Rd, Salisbury.

Social tennis for men and women over the age of 50. Group meets every Wednesday.

Occasional BBQ included. Contact, 0408400315

SWELL Chair Based Exercise Program

5/10/2011 - 26/10/2011, 11am-12noon, \$5 per session

Morella Community Centre, 90 Kings Rd, Parafield Gardens

This Chair based exercise program aims to conservatively progress people through a program which will enable you to remain in independent living. Every Wednesday. Contact Noel, 0422370114

Creative Writing

5/10/2011 - 26/10/2011, 1-3:30pm, 1st session free. For new participants during October.

Normally \$2

Jack Young Centre, 1 Orange Ave, Salisbury

If you enjoy writing poetry, short stories, ditties or novels do come and join us. Every Wednesday.

For more information, 82587286

Flamingo Friendship Group

5/10/2011 - 26/10/2011, 7:30-10:30pm, \$6 per week non-members

Jack Young Centre, 1 Orange Ave, Salisbury

Live bands, fun and friendship. BYO drinks, nibbles provided. Every Wednesday. For more

information, 82587286.

Low Impact Fitness

5/10/2011 - 26/10/2011, 10-11am, \$2

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Low impact class for fitness & fun. Every Wednesday. Contact Grenville Reception, 82560377

Scottish Country Dancing

5/10/2011 - 26/10/2011, 7:30-9:30pm, \$4

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Great fun, great music. Every Wednesday. Contact Grenville Reception, 82560377

Hairdressing Service

5/10/2011 - 26/10/2011, 9:30am-12noon, Ladies from \$15 Men from \$10

Jack Young Centre, 1 Orange Ave, Salisbury

Men's and ladies cuts. Every Wednesday. Booking essential. Contact, 82587286

Badminton

5/10/2011 - 26/10/2011, 10am-12noon, \$3 per player

Ingle Farm Recreation Centre, Beovich Rd, Ingle Farm

Get your rackets out for this exciting social past-time. Every Wednesday. Enquiries 82630411

Adelaide Academy of Combat and Defence

5/10/2011 - 26/10/2011, 7:30-9pm, \$35 per month (1 lesson per week)

Ingle Farm Recreation Centre, Beovich Rd, Ingle Farm

Every Wednesday. Learn self defense. More than just gymnastics in white pyjamas! Contact

Shawn, 84115209

Laughter Club

5/10/2011 - 26/10/2011, 9:30-10am

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Internal exercise - great for your wellbeing. Every Wednesday. Contact Grenville Reception, 82560377

Grenville Craft Group

5/10/2011 - 26/10/2011, 1-3pm, \$1

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Bring your own craft & socialise with like minded people. Every Wednesday. Contact Grenville

Reception, 82560377

Over 40s Fitness

5/10/2011 - 26/10/2011, 9:15-10:15am, \$5 per session

Ingle Farm Recreation Centre, Beovich Rd, Ingle Farm

Loosen those muscles and get the heart rate pumping as you take part in these aerobics sessions. Every Wednesday. Contact, 82630411

Mix of cultures

5/10/2011, 10am-2pm, Free

Ingle Farm Rec. Centre, cnr Beovich Road & Roopena Street, Ingle Farm

Joint meeting of older people from Bosnian, Spanish speaking and African background. Short presentation by each group followed by shared lunch. Booking essential. Contact Dorota, 84404213

Zumba Gold

5/10/2011 - 26/10/2011, 9am

STARplex, 18-20 Alexander Avenue, Evanston Park

The lower impact, easy-to-follow, Latin-inspired dance fitness-party that keeps you in the groove of life. Every Wednesday. Contact STARplex, 85220622

Salisbury Senior Citizens Club Day

5/10/2011 - 26/10/2011, 9:30am-3:30pm, \$2 per week. Lunch available from \$5

Jack Young Centre, 1 Orange Ave, Salisbury

Weekly activities include darts, bingo and pool. Annual membership is required to participate. Monthly coach trips and other special events. Every Wednesday. Contact, 82587286.

Tai Chi

5/10/2011 - 26/10/2011, 11am-12:30pm, \$6 per class

Salisbury East Neighbourhood House, 28 Smith Rd, Salisbury East

The gentle flowing movement of Tai Chi involves concentration & focussed breathing. Conducted by qualified instructor. Every Wednesday during school terms. Contact, 82852055

General Fitness & Steps

5/10/2011, 11am-12noon, Free

Wiltja Residential Program, Folland Avenue, Northgate

A general fitness demo with addition of steps. Contact Dot, 82613372 or Anna, 0407619906

Tai Chi

5/10/2011, 9:30am; 11:30am; 12:30pm, Free

Wiltja Residential Program, Folland Avenue, Northgate

Demonstration of Tai Chi and how anybody can do it at any age. Contact Dot, 82613372 or 0407619906

Companion Club

6/10/2011 - 27/10/2011, 10am, Gold coin donation

The Salvation Army Parafield Gardens, 76 Lavendar Drive, Parafield Gardens

A Club for people over 50 for men and women. Every Thursday. Guest speakers, games, big day out. Tea and coffee. Contact Marlene, 82501455

Tae Kwon Do

6/10/2011 - 27/10/2011, 6:30-8pm

Ingle Farm Recreation Centre, Beovich Rd, Ingle Farm

Every Thursday. Contact Adrian, 82650763

Para Hills Senior Citizens Club

6/10/2011 - 27/10/2011, 12noon-3:30pm, \$2 per week

Para Hills Centre, Wilkinson Rd, Para Hills

Meets weekly for bingo sessions and regular outings. Cost includes tea coffee and biscuits. Every Thursday. Contact Don, 82588236

Community Garden

6/10/2011 - 27/10/2011, Various times, Free

Morella Community Centre, 90 Kings Rd, Parafield Gardens

Help out tending the plot that is our community garden. We grow vegetables and herbs - volunteers share in the goodies we grow. Every Thursday. Contact, 82507786

Over 50s Group

6/10/2011, 1-3pm, \$3 per session

The Mawson Centre, 2-8 Main St, Mawson Lakes

The first Thursday of every month. A guest speaker and networking. Coffee, tea, biscuits and raffles. Contact Annie, 83025449 or 0401984780 or Maureen, 04013089596

Dance for Health - JYC

6/10/2011 - 27/10/2011, 1-3:30pm, 1st session free during October for new participants. Normally \$3

Jack Young Centre, 1 Orange Ave, Salisbury

Beginners welcome, no partner needed. Bush, square, federation, country and line dancing. Every Thursday.

Broadband for Seniors Internet Kiosk

6/10/2011 - 27/10/2011, 9am-4pm, Free

Jack Young Centre, 1 Orange Ave, Salisbury

Seniors are invited to come and use the broadband internet facilities for free. Tutor available to assist. Every Thursday. Bookings essential. For more information, 82587286

Seniors Aqua Classes

6/10/2011 - 28/10/2011, 1pm, Come and try. First session free for new participants.

Parafield Gardens Swim School, Cnr Kings Rd and Martins Rds, Parafield Gardens

Low impact aqua aerobics classes designed for senior participants. Every Thursdays. Contact Kym A'Court, 82853666.

Wellness Group

6/10/2011, 9:30am-1pm

Bagster Road Community Centre, 17 Bagster Rd, Salisbury North

If you are looking to maximise your health and wellbeing join this group of like minded people. 1st Thursday of every month. Contact, 82504167

Bhutanese Community Social Group

6/10/2011 - 27/10/2011, 10am-5pm, Free

Anglican Church, Church St, Salisbury

Social program (pranajam meditation, mantras, gentle exercise, Hindu practice & Songiri dance) and one to one client assistance program. Contact Mary, 84068579

Tai Chi

6/10/2011 - 27/10/2011, 9:30-10:30am, \$4

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Experience this fantastic form of exercise. Every Thursday. Contact Grenville Reception, 8256 0377

Wood Burning

6/10/2011 - 27/10/2011, 10am-12noon, \$2 per session. 1st session for new participants free during October

Jack Young Centre, 1 Orange Ave, Salisbury

Learn the skills of wood burning to create items for pleasure or gifts. Every Thursday. Contact, 82587286

Writing for Pleasure

6/10/2011 - 20/10/2011, 10am-12noon, \$4 per class

Salisbury East Neighbourhood House, 28 Smith Rd, Salisbury East

Come along and get those thoughts onto paper. Meet with this group of like minded wordsmiths. Group meets fortnightly on Thursdays

"Ageing In Style" Expo

6/10/2011, 10am-2pm, Free

Gawler Sport & Community Centre, Nixon Terrace, Gawler

Vibrant showcase of aged community services whilst also showcasing youth. Expo will include information displays, demonstrations and activities. Contact Vesna, 85229205

Sequence Dancing for VIP

6/10/2011 - 27/10/2011, 1-3:30pm, \$2

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Supported dancing for those with a vision impairment. Every Thursday. Contact Grenville Reception, 82560377

Grenville Cyclists

6/10/2011 - 27/10/2011, 9:30am, \$2

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Beginners cycling around surrounding areas morning tea at hub. Every Thursday. Contact Grenville Reception, 82560377

Grenville Discussion Group

6/10/2011 - 27/10/2011, 2-3pm, \$0.50

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

A discussion group covering many topics. Every Thursday. Contact Grenville Reception, 82560377

Mature Movers Aerobics

6/10/2011 - 27/10/2011, 9:30-10:30am, 1st session free for new participants during October.

Normally \$5

Jack Young Centre, 1 Orange Ave, Salisbury

Light paced aerobics specifically designed for seniors. Professional instructor. Every Thursday. Contact, 82587286

Every Generation Community Lunch

6/10/2011, 11:30am-2pm

Prospect Town Hall, Prospect Road, Prospect

The Community Lunch consists of a three course meal with juice, tea and coffee. Entertainment is also provided. Booking essential. Contact Marie, 83428042

Heart Foundation Walking Group

6/10/2011 - 27/10/2011, 9:30am, \$2

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Social weekly walks - different walks organised on a regular basis. Every Thursday. Contact Grenville Reception, 82560377

Heart Foundation Walking

6/10/2011 - 27/10/2011, 9:30am, Free

Bagster Road Community Centre, 17 Bagster Rd, Salisbury North

Free community based walking program. Trained volunteer leaders. Every Thursday. Contact, 82504167

Heart Foundation Walking

6/10/2011 - 27/10/2011, 9am, Free
Ingle Farm Recreation Centre, Beovich Rd, Ingle Farm
Free community based walking program. Trained volunteer leaders. Every Thursday. Contact Ursula, 82585655

Knitting Group

6/10/2011 - 27/10/2011, 1-3:30pm, 1st session free. Normally \$2
Jack Young Centre, 1 Orange Ave, Salisbury
Social group. Bring along your own work or knit items to be donated. Every Thursday. Contact, 82587286

Heart Foundation Walking

7/10/2011 - 28/10/2011, 10am, Free
Jack Young Centre, 1 Orange Ave, Salisbury
Free community based walking program. Trained volunteer leaders. Every Friday. Contact, 82587286

Over 50s Club

7/10/2011 - 28/10/2011, 12:30-3:30pm, \$3 per visit & \$4 yearly fee
Ingle Farm Recreation Centre, Beovich Rd, Ingle Farm
Friendly group who meet for cards, bias bowls, straight line bowls and 8 ball. Every Friday.
Contact, 82619494

Art Group

7/10/2011 - 28/10/2011, 1-4pm, \$2.50 per session
Jack Young Centre, 1 Orange Ave, Salisbury
Art for relaxation or therapy. Learn to draw or paint. Beginners welcome. Every Friday. For more information, 82587286

Parkinsons Support & Exercise Group

7/10/2011 - 28/10/2011, 10am-12noon, 1st Session free for new participants during October.
Normally \$2
Jack Young Centre, 1 Orange Ave, Salisbury
Social support and gentle exercise for those with Parkinson's. Guest speakers and information. Every Friday. Contact, 82587286

Indoor Bowls

7/10/2011 - 28/10/2011, 1-3:30pm, 1st Session free. Normally \$2
Jack Young Centre, 1 Orange Ave, Salisbury
Suitable for beginners or experienced players. Every Friday. Contact, 82587286

Salisbury Stitches

7/10/2011 - 28/10/2011, 10am-12noon, 1st session free usually \$3 per session
Salisbury Scout Hall, Orange Ave, Salisbury
Come and share your talents, bring you latest project on for assistance and advice. Tea, coffee and biscuits included. Every Friday. Contact Jean, 82501818

Body Balance

7/10/2011 - 28/10/2011, 6:30pm, \$15 Adult; \$11 Concession
STARplex, 18-20 Alexander Avenue, Evanston Park
A holistic workout incorporating flexibility & strength exercises transporting your body & mind into a state of harmony & balance. Every Friday. Contact STARplex, 95220622

Seniors on Screen; Over 50s club for the digital age. Film to be decided.

7/10/2011, 11am, Seniors \$5
Mercury Cinema, Lions Art Centre, 13 Morphett St, Adelaide.

A special screening of a movie for grandparents and grandchildren. Film to be decided. Contact 84100979.

Grenville Players Panto

7/10/2011 - 30/10/2011, 1:30-3:30pm, \$12

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Very funny & entertaining performance for all the family. Bookings essential. Contact Grenville Reception, 82560377

Body Vive

7/10/2011 - 28/10/2011, 9:15am, \$15 Adult; \$11 Concession

STARplex, 18-20 Alexander Avenue, Evanston Park

A low impact cardio-strength-tone & shape-abs & core workout where you choose how hard you work. Fun & fizzing with energy!. Every Friday. Contact STARplex, 85220622

Whist Afternoon

7/10/2011 - 28/10/2011, 1-3pm, \$1.50

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Card game in social setting. Every Friday. Contact Grenville Reception, 82560377

Low Vision Support Group

7/10/2011 - 21/10/2011, 10am-12noon, \$2 per session

Jack Young Centre, 1 Orange Ave, Salisbury

Supportive activities including games and trips. All blind and low vision people welcome. 1st & 3rd Friday of the month. Contact, 82587286

Table Tennis

7/10/2011 - 28/10/2011, 9am-12noon, \$6 per session for non members \$2.50 per session for members.\$12 per year to be a member

Gardens Recreation Centre, Cnr Kings Rd and Martins Rds, Parafield Gardens.

Over 55s Table Tennis group . Fun and social group. Every Friday. Contact, 82814888

Ingle Farm Library Chess Club

7/10/2011 - 28/10/2011, 3:30-5pm, Free

The Sunset Room, Ingle Farm Library, Beovich Rd, Ingle Farm.

Suitable for beginners and experienced players. All welcome. Every Friday. Contact David, 82654717

Italian Pension Advice

7/10/2011 - 28/10/2011, 9-11am, Free

Jack Young Centre, 1 Orange Ave, Salisbury

Advice for Italian Pensioners supplied by the Italian Patronaro. Appointments required. Every Friday morning. Contact, 8257286

Women's Space

7/01/1900 - 28/10/2011, 10am-12noon, \$1

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Women's social group, for fun & chat, regular guest speakers. Every Friday. Contact Grenville Reception, 82560377

Nick's Ballroom & Latin American Dancing

7/10/2011 - 28/11/2010, 7:15-8:15pm

Ingle Farm Recreation Centre, Beovich Rd, Ingle Farm

Come along to this fun and social session. Every Friday. Contact Nick, 0412854733

Walking Group

7/10/2011 - 28/10/2011, 10-11am, Free
Jack Young Centre, 1 Orange Ave, Salisbury
Suitable for various paced walkers. Approx. 45 min. walk and then enjoy a tea or coffee. Trained volunteer walk leaders. Every Friday. Contact, 82587286

Grenville Players Panto - Cinderella

8/10/2011, 7-9pm, \$14
Grenville Community Connections Hub, Playford Boulevard, Elizabeth
Very funny & entertaining performance for all the family. Bookings essential. Contact Grenville Reception, 82560377

Jazz Afternoon

8/10/2011, 1-2:30pm, Free
Aveo Riverview Community Centre, 43 Jarvis Road, Elizabeth Vale
Jazz performance by the local band Brass Quintet "Some Like It Hot". Carpet bowls games, complimentary afternoon tea and raffle prizes draw. Contact Domenica, 82582098

Model Planes

8/10/2011, 9am-1pm, \$12.50 per session
Ingle Farm Recreation Centre, Beovich Rd, Ingle Farm
Fly your own plane in the comfort of your seat. Ingle Farm Recreation Centre goes aviation mad! 2nd Saturday of every month. Contact, 82630411

Northern Italian Community

8/10/2011, 10am-2:30pm, \$10 per person includes a 3 course meal
Jack Young Centre, 1 Orange Ave, Salisbury
Social support for older people of Italian background over 50. Assisting people to maintain their social connections and receive appropriate information. Contact Mary, 84068579

Grenville Players Panto- Cinderella

9/10/2011, 1:30-3:30pm, \$12
Grenville Community Connections Hub, Playford Boulevard, Elizabeth
Very funny & entertaining performance for all the family. Bookings essential. Contact Grenville Reception, 82560377

Seniors Aqua Classes

10/10/2011 - 31/10/2011, 2pm, Come and try. First session free for new participants.
Parafield Gardens Swim School, Cnr Kings Rd and Martins Rds, Parafield Gardens
Low impact aqua aerobics classes designed for senior participants. Every Monday. Contact Kym A'Court, 82853666.

Salisbury Stitchers

10/10/2011 - 31/10/2011, 7:15-10pm, 1st session free usually \$3 per session
Salisbury Scout Hall, Orange Ave, Salisbury
Come and share your talents, bring you latest project on for assistance and advice. Tea, coffee and biscuits included. Every Monday. Contact Jean, 82501818

Massage

10/10/2011 - 24/10/2011, 12noon-2pm, \$20
Grenville Community Connections Hub, Playford Boulevard, Elizabeth
Fully qualified Massuer. 30 min appointments. Bookings by appointment. Every Monday. Contact Grenville Reception, 82560377

Yoga

10/10/2011 - 24/10/2011, 11:50am-12:50pm, \$6 per person
Salisbury East Neighbourhood House, 28 Smith Rd, Salisbury East

Gentle exercise for the mind, body and spirit. Every Monday. Bookings Essential. Contact, 8285 2055

Grenville Writing Group

10/10/2011 - 24/10/2011, 2:30-4:30pm, \$0.50

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Providing opportunities to share ideas & put pen to paper. Every Monday. Contact Grenville Reception, 82560377

Movers and Shakers - limited mobility exercise class

10/10/2011 - 31/10/2011, 2-2:30pm, \$2 per session

Parafield Gardens Uniting Church, 3 Shepherdson Rd, Parafield Gardens

An exercise class for those with limited mobility to become stronger in a safe, friendly environment. Every Monday. Please phone before first class - David, 82857104

Table Tennis

10/10/2011 - 24/10/2011, 1-3pm, \$2.50

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Social table tennis for a good fun afternoon. Every Monday. Contact Grenville Reception, 82560377

Scrabble

10/10/2011 - 31/10/2011, 10am-12:30pm, 1st session free for new participants during October. Normally \$2

Jack Young Centre, 1 Orange Ave, Salisbury

Suitable for beginners or experienced players. This group meets every Monday. Contact, 8258 7286

Over 40s Fitness

10/10/2011 - 24/10/2011, 10-11am, \$5 per session

Ingle Farm Recreation Centre, Beovich Rd, Ingle Farm

Losen those muscles and get the heart rate pumping as you take part in these aerobics sessions. Every Monday. Contact, 82630411

Tai-chi/Well being exercises

10/10/2011 - 31/10/2011, 9:15-10:15am, \$5 per session. 1st session free for new participants

Jack Young Centre, 1 Orange Ave, Salisbury

Suitable for beginners. Qualified instructor. Every Monday. Contact, 82587286.

Heart Foundation Walking

10/10/2011 - 31/10/2011, 9am, Free

Ingle Farm Recreation Centre, Beovich Rd, Ingle Farm

Free community based walking program. Trained volunteer leaders. Every Monday. Contact Ursula, 82585655

Heart Foundation Walking

10/10/2011 - 31/10/2011, 10am, Free

Morella Community Centre, 90 Kings Rd, Parafield Gardens

Women only. Free community based walking program. Trained volunteer leaders. Every Monday. Contact Mary, 82507786

Para Hills Club

10/10/2011 - 31/10/2011, 9am-2pm, \$7 per week

Para Hills Centre, Wilkinson Rd, Para Hills

Come and join us at the Para Hills club for interesting activities, outings and more. Every Monday and Friday. Contact Karen, 83951520 or 0403090437

Indoor Bowls

10/10/2011 - 31/10/2011, 1-3:30pm, 1st session free for new participants during October.

Normally \$2

Jack Young Centre, 1 Orange Ave, Salisbury

Suitable for beginners or experienced players. This group meets every Monday. For more information, 82587286

Tai Chi

10/10/2011 - 31/10/2011, 1-2:30pm, \$6 per class

Salisbury East Neighbourhood House, 28 Smith Rd, Salisbury East

The gentle flowing movement of Tai Chi involves concentration & focused breathing. Conducted by qualified instructor. Every Monday during school terms. Contact, 82852055

Choir

10/10/2011 - 31/10/2011, 10:30am-12noon, 1st session free for new participants during October.

Normally \$2

Jack Young Centre, 1 Orange Ave, Salisbury

The choir rehearse weekly and perform a number of times throughout the year at various venues. Every Monday. Bookings essential. Contact Edna, 82583234 or Margaret, 82555648

Carpet Bowls

10/10/2011 - 31/10/2011, 9am-12noon, \$5; tea & coffee included

Gardens Recreation Centre - court 2, Cnr Kings Rd and Martins Rds, Parafield Gardens.

Come along and enjoy a friendly, social atmosphere whilst playing carpet bowls. Every Monday.

For more information, 82814888

Fitness Circuit Class

10/10/2011 - 24/10/2011, 11am-12noon, \$4.50

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Fully qualified instructors assisting you to gain optimum fitness. Every Monday. Contact Grenville Reception, 82560377

Evening Line Dancing

10/10/2011 - 24/10/2011, 8-10pm, \$2.50

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Line dancing evening with monthly socials. Every Monday. Contact Grenville Reception, 82560377

Craft

10/10/2011 - 31/10/2011, 9:30am-12noon, 1st session free. For new participants during October.

Normally \$2

Jack Young Centre, 1 Orange Ave, Salisbury

Every Monday this group meets. Bring along your latest craft activity to share and socialise with the group. For more information, 82587286

Duplicate Bridge

10/10/2011 - 31/10/2011, 1-3:30pm, \$2 per session

Jack Young Centre, 1 Orange Ave, Salisbury

Suitable for players with some experience, friendly and sociable experience. Every Monday.

Contact, 82587286.

Public Speaking and Communication

11/10/2011 - 25/10/2011, 12:15-1:15pm, Free

Restrum Club 25 DSTO, West Avenue, Edinburgh

Members give entertaining speeches as they practice speaking skills. Trained critics provide feedback and pointers. Every second Tuesday. Contact Joseph, 73895139

Probus Club of Kilburn/Blair Athol

11/10/2011

Gladstone Avenue, Kilburn

Meeting at Kilburn Community Centre. Every 2nd Tuesday of the Month. Contact Chas, 82603041 for more information.

Salisbury Garden Club - Monthly Meeting

11/10/2011, 9:30am, Free

Bagster Road Community Centre, Bagster Rd, Salisbury North

Monthly meeting includes guest speakers show table, plant sales & morning tea. Contact 8250 4167

Enfield Senior Citizens

11/10/2011, 11am-4pm

Enfield Community Centre, Regency Road, Enfield

Every Tuesday, Visitors welcome.

Evanston Gardens Community Centre Open Day on "The Blocks"

11/10/2011, 10am-4pm, Free

Evanston Gardens Community Centre, 65 Angle Vale Road, Evanston Gardens

A vibrant showcase of some of the services available at the Evanston Gardens Community Centre. Catering for a wide range of ages and interests. Contact Vesna, 85229205

Open Day

11/10/2011, 10am-2:30pm, Free

Elderly Centre, Fourteenth Street, Gawler

Welcoming family and friends of existing clients and others who may be interested in joining us.

Morning tea, lunch entertainment included. Booking essential. Contact Beth, 0447710677

Moving Right Along Obligations and Opportunitites for older driver's workshops

11/10/2011, 9:30-11:30am, Free

John Harvey Gallery, City of Salisbury Council offices, 12 James St, Salisbury.

This free workshop will cover topics 'retiring from driving' and 'worried about driving' and are facilitated using materials developed by DTEI. Bookings essential. Contact, 82587286

Clearview Seniors Citizens Club Inc

11/10/2011, 11am-3pm

Clearview Hall, Clearview Crescent, Clearview

Every Tuesday and Thursday, Visitors welcome.

Come N Try Tai Chi

12/10/2011, 6:30pm, Free

The Mawson Centre, 2-8 Main St, Mawson Lakes

Come and try tai chi for improved flexibility, leg strength, balance and relaxation. Contact Meg, 0417824063

Foot Care

12/10/2011 - 26/10/2011, 9.00am-11:30am, \$14 per person

Jack Young Centre, 1 Orange Ave, Salisbury

Nails cut, cleaned, filed and gentle massage. Bring your own towel. Every second Wednesday.

Booking essential. Contact, 82587286

Salisbury PC Support Group

12/10/2011 - 26/10/2011, 10am-12noon, Free
Len Beadell Library (Helen Barnes Room), 55 John St, Salisbury.
Community group where people can talk to others with similar PC interest and problems. 2nd & 4th Wednesday of the month. Contact, 84068466

Family History Support Group

13/10/2011 - 27/10/2011, 10am-12noon, Free
Len Beadell Library, 55 John St, Salisbury.
Come along to exchange ideas, check out new websites, software and other resources. Every 2nd & 4th Thursday of the month. For more information, 84068207

Hillcrest Senior Citizens Club

13/10/2011, 12:30-4:30pm
Hillcrest Community Centre, Queensborough Avenue, Hillcrest
Every Thursday. Visitors Welcome.

Vietnamese Social Support Program

13/10/2011 - 27/10/2011, 10am-1 pm, \$4 per person includes morning tea, lunch and dessert
Memorial Hall, Scott St, Pooraka
Social support program for people over 50 with a Vietnamese Background. 2nd & 4th Thursday of every month. Contact Thuy, 84068579

Bartonvale Allstars Choir

13/10/2011, 2pm, Free
Bartonvale Gardens Village, 4 Ellis Street, Enfield
Free concert performed by Bartonvale Allstars Choir. Serviced apartment open. Contact Anna, 83677595

Klemzig Senior Citizens

13/10/2011, 10am-2:30pm
Klemzig Community and Band Hall
Normal Club meeting. Visitors welcome.

The Unley Concert Band - Oots Matinee

13/10/2011, 2pm
Golden Grove Arts Centre, The Golden Way, Golden Grove
An afternoon of enjoyable music with one of Australia's most successful and high profile community bands. Booking essential. Contact Golden Grove Arts Centre, 83977429

Seniors on Screen; Over 50s club for the digital age "Le Quattro Volte"

14/10/2011, 11am, Seniors \$5
Mercury Cinema, Lions Art Centre, 13 Morphett St, Adelaide.
A compelling study of human nature and furthermore, human nature in the realm of what we see as nature in general. Contact, 84100979.

Zumba

14/10/2011, 11-11:45am, \$3.50 per class
Jack Young Centre, 1 Orange Ave, Salisbury
Looking for a new way to improve your fitness while having fun? Why not try zumba - get fit while dancing! Contact, 82587286

Broadview Open Day

14/10/2011, 9:30am-2pm, Free
Enfield Community Centre, 540 Regency Road, Enfield
An open day with free admission, special morning tea, friendly atmosphere and the opportunity of joining in many activities. Contact Glenda, 82626889

Filipino Social Group

14/10/2011 - 28/10/2011, 10am-1pm, \$5 for main meal, \$2.50 for sweets and \$3.50 for Zumba session

Jack Young Centre, 1 Orange Ave, Salisbury

Social support for people of Filipino background aged 50 and over. This group meets twice monthly. Contact Thuy, 84068579

Carpet Bowls

14/10/2011 - 28/10/2011, 1-3pm, \$1.50

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Friendly games afternoon. Every second Friday. Contact Grenville Reception, 82560377

BASMA - Arabic Speaking Seniors Group

14/10/2011, 2-5pm, Free

Para Hills Centre, Wilkinson Rd, Para Hills

Older people from Arabic backgrounds are supported to maintain their social connections. 2nd Friday of every month. Contact Amal Al Halabi, 84068597

Table Tennis

14/10/2011 - 28/10/2011, 1-3pm, \$2.50

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Social table tennis for a good fun afternoon. Every Friday. Contact Grenville Reception, 82560377

Market Day

15/10/2011, 9am-2pm, Free

Aveo Manor Gardens, 12 Melville Road, Salisbury East

Come and find hidden treasures with plenty of bric-a-brac stalls. Enjoy complimentary sausage sizzle and cake. Bring along family and friends. Contact Sharon, 82812240

Gawler Textile Out Weekend

15/10/2011 - 16/10/2011, 10am-4pm

Gawler Institute, Murray Street, Gawler

There are 12 various groups participating in promoting quilting and craft. Contact Anne, 85226782

Gawler Charity Band

15/10/2011, 8-11pm, \$7

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Live Music & Dance - Bring a plate of supper to share. Contact Grenville Reception, 82560377

Community Safety Day

16/10/2011, 2-5pm, Free

The Mawson Centre, 2-8 Main St, Mawson Lakes

An informative, fun, family afternoon with exhibitors from all aspects of safety - home safety, road safety, bike safety and community safety. Call Annie, 83025449

Para Wirra Open Day

16/10/2011, 10am-3pm, Free (food & drinks for purchase)

Para Wirra Recreation Park, Humbug Scrub Road, Humbug Scrub via One Tree Hill

Free entry to Park, walks, displays, face painting, plant sales, family day out. Walks will be of various length to cater all ages. Contact Patsy, 82807279

Quilting

17/10/2011 - 31/10/2011, 9:30-11:30am, \$4 per class

Salisbury East Neighbourhood Centre, 28 Smith Rd, Salisbury East.
Bring along your quilting and join in with the other quilters. Every Monday during school terms.
Contact, 82852055

Women's Walking Group

17/10/2011 - 31/10/2011, 9:15am, Free
Morella Community Centre, 90 Kings Rd, Parafield Gardens
Suitable for various paced walkers. Approx. 60 min. walk. Trained volunteer walk leaders. Every Monday during school terms. Contact Mary, 82507786

Fit Ball

17/10/2011, 10:30am, Free
Wiltja Residential Program, Folland Avenue, Northgate
Demonstration on the use of fitballs. Contact Dot, 82613372

Focus on Reading

17/10/2011 - 31/10/2011, 9:15-11:30am, \$2 per class
Morella Community Centre, 90 Kings Rd, Parafield Gardens
Come along to this English language class with a focus on reading. Class runs every Monday during school terms. Please contact, 82507786

French Classes

17/10/2011 - 31/10/2011, 10am-12noon, \$4 per class
The Paddocks Centre, Cnr Bridge Rd and Kesters Rd, Para Hills
Beginners welcome to come along to this class to learn to speak French. Every Monday during school terms. Contact, 82588099

Card Shaprs

17/10/2011 - 31/10/2011, 12:30-2:30pm, \$10 includes tuition and kit
Morella Community Centre, 90 Kings Rd, Parafield Gardens
You are invited to take part in this social card and scrapbooking class. Mondays during school terms. For more information, 82507786

Tibetan Meditation

17/10/2011 - 24/10/2011, 6:30-7:30pm, Free
Bagster Road Community Centre, 17 Bagster Rd, Salisbury North
Relax, unwind and learn to clear you mind. Every Monday during school terms. Contact, 82504167

Spinning

17/10/2011 - 24/10/2011, 1-3pm, \$4 per class
The Paddocks Centre, Cnr Kesters & Bridge Rd, Para Hills West
This group practices traditional wool spinning methods using spinning wheels. Wheel available for use. Every Monday during school terms. Contact 82588099

Lead lighting

17/10/2011 - 31/10/2011, 10am-12noon, \$50 per term
Pooraka Farm Community Centre, 126 Henderson Ave, Pooraka.
Learn how to create designs for windows, ornament and more. Beginners through to advanced leadlighters welcome. Every Monday during school terms. Bookings essential. Contact, 82655544

Tai Chi

17/10/2011 - 31/10/2011, 12:30-2:45pm, \$4 per class
The Paddocks Centre, Cnr Kesters & Bridge Rd, Para Hills West
The gentle flowing movement of Tai Chi involves concentration & focused breathing. Conducted by qualified instructor. Every Monday during school terms. Contact, 82588099

General Fitness & Steps

17/10/2011, 11am-12noon, Free

Wiltja Residential Program, Folland Avenue, Northgate

A general fitness demo with addition of steps. Contact Dot, 82613372

Discussion Group

17/10/2011 - 31/10/2011, 10am-12noon, \$4 per person

Paddocks Centre, Corner Bridge Rd and Kesters Rd, Para Hills

A place to air views, chat talk and discuss! All over a nice coffee. Every Monday during school terms. Contact, 82588099

Genealogy

17/10/2011, 7:30-10:30pm, \$4 per class

The Paddocks Centre, Cnr Bridge Rd and Kesters Rd, Para Hills

Come along and research your family history. Access to specialised genealogy computer programs. 3rd Monday of Every Month. Contact, 82588099

Tai Chi

17/10/2011, 9:30am; 11:30am: 12:30pm, Free

Wiltja Residential Program, Folland Avenue, Northgate

Demonstration of Tai Chi and how anybody can do it at any age. Contact Dot, 82613372 or 0407619906

Oil Painting

18/10/2011 - 25/10/2011, 9:30am-12noon, \$4 per class

The Paddocks Centre, Cnr Bridge Rd and Kesters Rd, Para Hills

Come along and use your artistic talents. Beginners welcome. Every Tuesday during school terms. Bookings essential. Contact, 82588099

Yoga

18/10/2011 - 25/10/2011, 1-2:30pm, \$8 per class

The Paddocks Centre, Cnr Kesters & Bridge Rd, Para Hills West

Gentle exercise for the mind, body and spirit. Every Tuesday during school terms. Contact, 82588099

Folk Art

18/10/2011 - 25/10/2011, 9:30am-2:30pm, \$5 per person

Bagster Road Community Centre, 17 Bagster Rd, Salisbury North

Beginners are welcome to attend this class. Every Tuesday during school terms.

Beginners Laptop

18/10/2011 - 25/10/2011, 1-3pm, \$2

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

Bring your own laptop and learn how to use it. Bookings essential. Contact Grenville Reception, 82560377

Every Generation Storytime

18/10/2011, 10:15-11am

Greenacres Library, Council Office

Bring the grandkids along to a pre-school Storytime designed to bridge the generation gap! Sing songs, read stories and decorate some biscuits to munch on.

Justice of the Peace Services

18/10/2011 - 25/10/2011, 9:30-11:30am, Free

Morella Community Centre, 90 Kings Rd, Parafield Gardens

Services provided by Justice of the Peace. Every Tuesday during school terms. Contact, 82507786

Tummies, Bums & Thighs

18/10/2011 - 25/10/2011, 10:15-11:15am, \$4 per class

Morella Community Centre, 90 Kings Rd, Parafield Gardens

This fitness class has a focus on toning using fitballs. Every Tuesday during school terms.

Contact 82507786

Gawler U3A Every Generation Day

18/10/2011, 11:30am-3pm, Free

Gawler Sport & Community Centre, Nixon Terrace, Gawler

A day for Gawler U3A to share activities with Gawler Primary School students and their parents.

Booking essential. Contact Judith, 85224769

Computing Club

18/10/2011 - 25/10/2011, 9:30-11:30am, \$4 per class

The Paddocks Centre, Cnr Bridge Rd and Kesters Rd, Para Hills

Join this group of computer enthusiasts to discuss all your general computing enquiries. Wi-Fi available. Every Tuesday during school terms. Contact, 82588099

Easy Fitness

18/10/2011 - 25/10/2011, 9:15-10:15am, \$4 per class

The Paddocks Centre, Cnr Bridge Rd and Kesters Rd, Para Hills

A low impact aerobic warm up with simple routines and fun activities including dancing, ball games, balancing and toning. Every Tuesday during school terms. Contact, 82588099

Anything Goes Craft Display

18/10/2011, 10-11:30am, Gold coin donation

Para Hills Centre, Wilkinson Rd, Para Hills

The collected works of the Para Hills craft group, items range from hand made cards to patchwork. Some small items for sale on the day. Contact Karen, 83951520

Valuing Community - Mosaic project

18/10/2011, 10am-2pm, Free

Virginia Institute, cnr Old Port Wakefield Road & Penfield Road, Virginia

School children and the Virginia program for older people will work together to create mosaic images depicting what Virginia means to them. Contact Pat, 82560209

Digital Picutre Editing

18/10/2011 - 25/10/2011, 1-3pm

The Paddocks Centre, Cnr Bridge Rd and Kesters Rd, Para Hills

Learn the ins and outs of working with digital images. Every Tuesday during the school term.

Contact, 82588099

Gentle Exercise

18/10/2011 - 25/10/2011, 10:15-11:15am, \$4 per class

Morella Community Centre, 90 Kings Rd, Parafield Gardens

Low impact cardiovascular exercise and muscle toning. Every Tuesday during school terms.

Contact, 82507786.

Zumba

18/10/2011 - 25/10/2011, 10:45-11:30am, \$4 per class

The Paddocks Centre, Cnr Kesters & Bridge Rd, Para Hills West

Dance to get fit. Every Tuesday during school terms. Contact, 82588099

Creative Writing

19/10/2011 - 26/10/2011, 10am-12noon, \$2 per class

The Paddocks Centre, Cnr Bridge Rd and Kesters Rd, Para Hills

Share your ideas with like minded people and learn how to put your thoughts onto paper. Every Wednesday during school terms. Contact, 82588099

Leather work

19/10/2011 - 26/10/2011, 1-3pm, \$10 per item

Salisbury East Neighbourhood House, 28 Smith Rd, Salisbury East

Come along to learn this traditional craft. Every Wednesday during school terms. Contact, 82852055

Every Generation Storytime

19/10/2011, 10:15-11am

Enfield Library, Council Office

Bring the grandkids along to a pre-school Storytime designed to bridge the generation gap! Sing songs, read stories and decorate some biscuits to munch on.

Come & Try

19/10/2011, 1:30-3:30pm, Free

Salisbury Croquet Club, Orange Avenue, Salisbury

Introduction to croquet how to use mallet for fun games. Please wear flat shoes. Contact Val, 82601510

Tai Chi

19/10/2011 - 26/10/2011, 12:30-2:45pm, \$4 per class

The Paddocks Centre, Cnr Kesters & Bridge Rd, Para Hills West

The gentle flowing movement of Tai Chi involves concentration & focused breathing. Conducted by qualified instructor. Every Wednesday during school terms. Contact, 82588099

Garden Group

19/10/2011, 10am-12noon, Free

The Paddocks Centre, Cnr Bridge Rd and Kesters Rd, Para Hills

Come along to assist with the maintenance and planting of our garden. 3rd Wednesday of every month. Contact, 82588099

Seniors Film Screenings and Luncheons

19/10/2011, 10am, \$9.50 per person

Hoyts Salisbury, corner of James & Gawler St, Salisbury

Film yet to be decided. Morning tea commences from 10am. A light lunch is served following the film. Contact 82832555.

Heart Foundation Walking

19/10/2011 - 26/10/2011, 9am, Free

Morella Community Centre, 90 Kings Rd, Parafield Gardens

Suitable for various paced walkers. Approx 60 min. walk. Trained volunteer walk leaders. Every Wednesday during school terms. Contact Allan, 0428113628

All Crafts

19/10/2011 - 26/10/2011, 10am-12noon, \$4 per class

The Paddocks Centre, Cnr Bridge Rd and Kesters Rd, Para Hills

Bring along your latest beading, cross stitch, leatherwork or porcelain doll project to share with others. Every Wednesday during school terms. For more information, 82588099

Quilting

19/10/2011 - 26/10/2011, 9:30am-12:30pm, \$3 per person

Bagster Road Community Centre, 17 Bagster Rd, Salisbury North
Bring along your quilting and join in with the other quilters. Every Wednesday during school terms. Contact, 82504167

Vocabulary - Extension

20/10/2011 - 27/10/2011, 12:30-2:30pm, \$2 per class
Morella Community Centre, 90 Kings Rd, Parafield Gardens
Come along to improve your knowledge and use and English vocabulary. Class runs every Thursday during school terms. Contact, 82507786

Sketching and Drawing

20/10/2011 - 27/10/2011, 12noon-2pm, \$4 per class
Salisbury East Neighbourhood Centre, . 28 Smith Rd, Salisbury East.
Join this class to learn the popular skills of drawing and sketching. Beginners welcome. Every Thursday during school terms. Contact 82582055

Model Planes

20/10/2011 - 27/10/2011, 9am-1pm, \$12.50 per session
Ingle Farm Recreation Centre, Beovich Rd, Ingle Farm
Fly your own plane in the comfort of your seat. Ingle Farm Recreation Centre goes aviation mad!
Every Thursday during school terms. Contact, 82630411

Technology Discovery

20/10/2011, 10am-1pm, Free
Para Hills Library, Wilkinson Rd, Para Hills
Learn the mysteries of Facebook, Skype, Ereaders and digital information. Understand and learn how to use them in a friendly environment. Contact, 84068297

Every Generation Community Lunch

20/10/2011, 11:30am-2pm
Walkerville Town Hall, Walkerville Tce, Gilberton
The Community Lunch consists of a three course meal with juice, tea and coffee. Entertainment is also provided. Booking essential. Contact Marie, 83428042

Gentle Exercise

20/10/2011 - 27/10/2011, 9:30-10:30am, \$4 per class
Morella Community Centre, 90 Kings Rd, Parafield Gardens
Low impact cardiovascular exercise and muscle toning. Every Thursday during school terms. Contact, 82507786

Years Ahead

20/10/2011, 9:45am morning tea; 10-11am talk, Free
Harvey Gallery, Salisbury Council Building, 12 James Street, Salisbury
Years Ahead is a road safety awareness program especially designed for older road users. Booking essential. Contact Positive Ageing Services, 82587286

Yoga

20/10/2011 - 27/10/2011, 10:30-11:45am, \$4 per class
Morella Community Centre, 90 Kings Rd, Parafield Gardens
Gentle exercise for the mind, body and spirit. Every Thursday during school terms. Contact 82507786

Justice of the Peace Services

20/10/2011 - 27/10/2011, 11am-3pm, Free
Morella Community Centre, 90 Kings Rd, Parafield Gardens

Services provided by Justice of the Peace. Every Thursday during school terms. Contact, 82507786

Yoga

20/10/2011 - 27/10/2011, 6:15-7:30pm, \$6 per person
Salisbury East Neighbourhood House, 28 Smith Rd, Salisbury East
Gentle exercise for the mind, body and spirit. Bookings Essential. Every Thursday. Contact 8285 2055

Smocking

20/10/2011 - 27/10/2011, 10am-12noon, \$4 per class
The Paddocks Centre, Cnr Kesters & Bridge Rd, Para Hills West
Bring your own materials to take part in this class. Beginners welcome. Every Thursday during school terms. Contact 82588099

Yoga

20/10/2011 - 27/10/2011, 1-2:30pm, \$8 per class
The Paddocks Centre, Cnr Kesters & Bridge Rd, Para Hills West
Gentle exercise for the mind, body and spirit. Every Thursday during school terms. Contact, 8258 8099

Yoga

20/10/2011 - 27/10/2011, 7-8:30pm, \$12 per class
The Paddocks Centre, Cnr Kesters & Bridge Rd, Para Hills West
Gentle exercise for the mind, body and spirit. Every Thursday during school terms. Contact, 8258 8099

ABC Tour

20/10/2011, 9am-2pm, Free tour (lunch in cafeteria at own cost)
ABC, 85 North East Road, Collinswood
Enjoy a guided tour of ABC radio and sit in on some of their programs. Bookings essential. Contact Council, 82299828

General Craft

20/10/2011 - 27/10/2011, 10am-12noon, \$4 per class
Salisbury East Neighbourhood Centre, 28 Smith Rd, Salisbury East.
Bring along your latest beading, cross stitch, leatherwork or porcelain doll project to share with others. Every Thursday during school terms. Contact, 82852055

An introduction to Tai Chi & Qigong

20/10/2011, 6:30pm, First lesson obligation free
Holden Hill Community Centre, 82 Valiant Road, Holden Hill
Come along and enjoy this simple "ease to learn" exercise for improved flexibility, fitness, balance and general well-being. Contact Rosemary, 83817969

Yoga

20/10/2011 - 27/10/2011, 10:30-11:30am, \$6 per person
Salisbury East Neighbourhood House, 28 Smith Rd, Salisbury East
Gentle exercise for the mind, body and spirit. Bookings Essential. Every Thursday. Contact, 8285 2055

RAA 'The Years Ahead' Program

20/10/2011, 9:45-11am, Free
John Harvey Gallery, City of Salisbury Council offices, 12 James St, Salisbury.
This 1 hour road safety awareness program is especially designed for older road users. Complimentary morning tea. Bookings essential. Contact, 82587286

Bits and Pieces

20/10/2011 - 27/10/2011, 9:30am-12noon, \$2 per person
Bagster Road Community Centre, 17 Bagster Rd, Salisbury North
Come along to this class and bring you latest craft creation to share. Every Thursday during school terms. Contact, 82504167

Ingle Farm Women's Group

20/10/2011 - 27/10/2011, 10:30am-12:30pm, \$3 per session includes morning tea
Ingle Farm Recreation Centre, Beovich Rd, Ingle Farm
Supportive group that meets during school terms. Guest speakers, outings , occasional craft and social support. Every Thursday during school terms. Contact, 82630411

Ceramics

20/10/2011 - 27/10/2011, 1:30-3:30pm
The Paddocks Centre, Cnr Bridge Rd and Kesters Rd, Para Hills
Come and try ceramics. Bring your own materials to this class and be guided by the group leader. Every Thursday during school terms. Contact, 82588099

Beginners English Language Classes

21/10/2011 - 28/10/2011, 12:30-2:30pm, \$2 per class
Morella Community Centre, 90 Kings Rd, Parafield Gardens
If you are looking for assistance with the basics of the English language this class is for you. Every Friday during school terms. Contact, 82507786

Line Dancing - Advanced

21/10/2011 - 28/10/2011, 7:30-9pm, \$8 per class
The Paddocks Centre, Cnr Bridge Rd and Kesters Rd, Para Hills
Advanced line dancing with modern music. No partner required, have lots of fun. Every Friday during school terms. Contact, 82588099.

Mens Social Group

21/10/2011, 10am-12noon
Grenville Community Connections Hub, Playford Boulevard, Elizabeth
Men's social get together, guest speakers and outings. Contact Grenville Reception, 82560377

General Craft

21/10/2011 - 28/10/2011, 9:30am-12noon, \$4 per class
Salisbury East Neighbourhood Centre, 28 Smith Rd, Salisbury East.
Bring along your latest beading, cross stitch, leatherwork or porcelain doll project to share with others. Every Friday during school terms. Contact, 82852055

Patchwork and Quilting

21/10/2011 - 28/10/2011, 10am-2pm, \$4 per class.
The Paddocks Centre, Cnr Bridge Rd and Kesters Rd, Para Hills
Join this class to learn these popular skills. Bring your own materials. Every Friday during school terms. Contact, 82588099

Fabric of Life

21/10/2011 - 28/10/2011, 10:30am-2:30pm, \$3 per class
Pooraka Farm Community Centre, 126 Henderson Ave, Pooraka
Needle work, knitting and quilting. Bring your own project, share skills and bring your lunch. Every Friday during school terms. For bookings contact, 82625544

Line Dancing

21/10/2011 - 28/10/2011, 11am-12:30pm, \$5 per person

Salisbury East Neighbourhood House, 28 Smith Rd, Salisbury East
A popular form of dancing where no one needs a partner and everyone has fun. Every Friday during school terms. Bookings essential. Contact, 82852055

Spanish Speaking Seniors Group

21/10/2011, 10am-1pm, \$7 contribution
Morella Community Centre, 90 Kings Rd, Parafield Gardens
This group is for older Spanish speaking people who wish to maintain their social participation. Friendly and welcoming group. Every fortnight. Contact Vesna, 84068227.

Every Generation Storytime

21/10/2011, 10:15-11am
Greenacres Library, Council Office
Bring the grandkids along to a pre-school Storytime designed to bridge the generation gap! Sing songs, read stories and decorate some biscuits to munch on.

FORENSCIS Crime Scen with Sgt Trevor Schwanz

21/10/2011, 10am-12noon, Free. Handouts and light refreshments will be provided.
Salisbury West Library, Hollywood Blvd, Salisbury Downs
Sgt Trevor Schwanz will be covering: The role of the CSI (reality vs the TV image), fingerprinting, DNA etc. Bookings essential. Contact Katherine, 84068285

Gardening Workshops

21/10/2011 - 28/10/2011, 10am-12noon, \$3 per week
Morella Community Centre, 90 Kings Rd, Parafield Gardens
This group works within our community garden. The weekly workshops include 'from the garden to the plate' sessions. Every Friday during school terms.

Seniors on Screen; Over 50s club for the digital age "Jane Eyre"

21/10/2011, 11am, Seniors \$5
Mercury Cinema, Lions Art Centre, 13 Morphett St, Adelaide.
In Charlotte Bonte's classic tale of love and intrigue, Jane Eyre sets out from a bleak childhood to become Governess of Thornfield Hall. Contact, 84100979.

Vintage Theatre & Silver Beat Production

21/10/2011, 1:30-2:30pm, \$5
Grenville Community Connections Hub, Playford Boulevard, Elizabeth
An afternoon of entertainment through theatre. Bookings essential. Contact Grenville Reception, 82560377

Art and Folk Art

21/10/2011 - 28/10/2011, 12:30-3pm, \$8 per class
Salisbury East Neighbourhood Centre, 28 Smith Rd, Salisbury East
Beginners are welcome to come along to this class. Every Friday during school terms. For more information, 82852055

Café Friday

21/10/2011 - 28/10/2011, 10am-12noon, \$4 per session
Pooraka Farm Community Centre, 126 Henderson Ave, Pooraka.
This is a friendly café environment where different topics of interest are discussed each time. Every Friday during school term. Contact, 82625544

Computer Based English

21/10/2011 - 28/10/2011, 12:30-2:30pm, Free
Morella Community Centre, 90 Kings Rd, Parafield Gardens

This class for people with English as their second language incorporates computing programs to assist with the learning process. Every Thursday during school terms. Contact, 82507786

Northern Italian Community

22/10/2011, 10am-2:30pm, \$10 per person includes a 3 course meal

Jack Young Centre, 1 Orange Ave, Salisbury

Social support for older people of Italian background over 50. Assisting people to maintain their social connections and receive appropriate information. Contact Mary, 84068579

Zumba

22/10/2011 - 29/10/2011, 9:30-10:30am

Salisbury East Neighbourhood Centre, 28 Smith Rd Salisbury East.

This advanced cardio workout is for those who are used to fast paced workouts. Every Saturday during school terms. Contact, 42359158

Matsuri on Mobara Japanese Festival

23/10/2011, 11am-4pm, Free

Mobara Park Garden Tce, Mawson Lakes

Join us in celebrating Salisbury's relationship with it's Sister City Mobara in Japan. For more information visit www.salisbury.sa.gov.au or contact, 84068222

Family and friends fun day

23/10/2011, 11am-3pm, Free

Aveo Crestview, 136 Fosters Road, Hillcrest

There will be entertainment for the kids and adults, complimentary tea and coffee and a sausage sizzle. BYO drinks. Contact Gail, 83691611

Line Dancing Social

23/10/2011, 1-4pm

Grenville Community Connections Hub, Playford Boulevard, Elizabeth

A social Sunday afternoon, with great music. Contact Grenville Reception, 82560377

Probus Club of Beefacres

24/10/2011, 2-4pm

Beefacres Club, Pittwater Drive, Windsor Gardens

Speaker Ruth Mains on Tour of New Zealand.

Me 'n' Me Mate

25/10/2011, 11am

Golden Grove Arts Centre, The Golden Way, Golden Grove

Lovers of the old Australian bush culture will enjoy singing and toe tapping along. Booking essential. Contact Golden Grove Arts Centre, 83977429

Walk in the Garden Morning Tea

25/10/2011, 10-11:30am, \$4 for morning tea

Jack Young Centre, 1 Orange Ave, Salisbury

Come along to find out some interesting and informative information about gardening and improving your garden. Giveaways, stalls, door prize and raffles.

Let Us Entertain You

26/10/2011, 1:30pm, Free

Enfield Community Centre, 540 Regency Road, Enfield

We offer 1 1/2 hours of colourfull glittering variety and tap dancing entertainment. Booking essential. Contact Lorraine, 82693915

Technology Discovery

26/10/2011, 10am-1pm, Free
Len Beadell Library, 55 John St, Salisbury
Facebook, Skype, Ereaders, Digital Information! Understand and learn how to use them in a friendly environment. Contact, 84068283

Knitwits

26/10/2011, 11:30am-1pm, Free
Bagster Road Community Centre, 17 Bagster Rd, Salisbury North
This group enjoys knitting various items, join them to improve you skills or help others. Fun and social group. Last Wednesday of every month. Contact, 82504167

Para Districts Weight Watchers

26/10/2011, 9-11am
Salisbury East Neighbourhood Centre, . 28 Smith Rd, Salisbury East.
Come along and achieve your fitness and health goals. The last Wednesday of every month. Contact Lis, 83594645 or Bev, 83963353.

Something Special

27/10/2011, 10am-2pm, Free
One Tree Hill Primary School, One Tree Hill
Seniors group will visit One Tree Hill Primary School and together with students will undertake a range of activities to exchange skills. Contact Pat, 82560209

Moving Right Along Obligations and Opportunites for older driver's workshops

27/10/2011, 7-9pm, Free
John Harvey Gallery, City of Salisbury Council offices, 12 James St, Salisbury.
This free workshop will cover topics 'retiring from driving' and 'worried about driving' and are facilitated using materials developed by DTEI. Bookings essential. Contact, 82587286

An introduction to Tai Chi & Qigong

27/10/2011, 6:30pm, First lesson obligation free
Holden Hill Community Centre, 82 Valiant Road, Holden Hill
Come along and enjoy this simple "ease to learn" exercise for improved flexibility, fitness, balance and general well-being. Contact Rosemary, 83817969

Northern Polish Community

28/10/2011, 10am-1pm, \$5 for main meal, \$2.50 for sweets
Jack Young Centre, 1 Orange Ave, Salisbury
The program assists older people from Polish background to maintain their social connections and receive appropriate information. Last Friday of the month. Contact Mary, 84068579

Halloween Dinner/Dance

28/10/2011, 6-10:30pm, \$16
Grenville Community Connections Hub, Playford Boulevard, Elizabeth
Two course dinner, table service & live entertainment. BYO drinks. Bookings essential. Contact Grenville Reception, 82560377

Valuing Community - Mosaic project

28/10/2011, 10am-2pm, Free
Virginia Institute, cnr Old Port Wakefield Road & Penfield Road, Virginia
School children and the Virginia program for older people will work together to create mosaic images depicting what Virginia means to them. Contact Pat, 82560209

Seniors on Screen; Over 50s club for the digital age "The Guard"

28/10/2011, 11am, Seniors \$5
Mercury Cinema, Lions Art Centre, 13 Morphett St, Adelaide.

An unorthodox Irish policeman with a confrontational personality is teamed up with an uptight FBI agent to investigate an international drug-smuggling ring.

Masquarade Ball

29/10/2011, 7-11pm, \$3 for PAS members and volunteers; \$5 for guests

Jack Young Centre, 1 Orange Ave, Salisbury

Entertainment by 5 piece band 'the JYCs'. 60/4 music, floorshow, raffle, lucky door prize and lucky dance spots. Bookings essential. Contact, 82587286

Italian Speaking Social Group

29/10/2011, 10am-1pm, Donation for morning tea

Jack Young Centre, 1 Orange Ave, Salisbury

Social support for older people of Italian background. Assisting people to maintain their social connections and receive appropriate information in their own language. Contact Mary, 84068579

Salisbury Photographic Club

29/10/2011, 12noon-1:30pm, Free

Bagster Road Community Centre, 17 Bagster Rd, Salisbury North

Come along to share your experience or learn new skills. Includes excursions and workshops. Last Saturday of the month. Contact 82504167