

Providing opportunities to stay active, socially connected and independent in your local community. (Term 2 2019)

@ Cooinda

The Good Life

A monthly lunch with informative guest speakers and activities relating to wellbeing, health and lifestyle.

Senior Moments

Our presenter from Dementia Australia will take a light hearted look at the normal changes in memory we experience as we age. This session will provide useful tips and strategies for reducing the risk of dementia as well as how best to support family and friends living with dementia.

Date Tuesday 14 May 2019

Time 12.30pm—3pm

Cost \$14 or \$10 if reg with My Aged Care

Bookings essential Ph: 8375 6703

Holding Up Down Under

Incontinence affects over 5 million Aussies, so laughing without leaking is a challenge for many people. Our presenter will provide some useful tips and strategies. Plus don't miss the opportunity to win tickets to the World Continence Week Theatre Extravaganza at the Marion Cultural Centre.

Date: Tuesday 11 June 2019

Time 12.30pm—2.30pm

Cost \$14 or \$10 if reg with My Aged Care

Bookings essential Ph: 8375 6703

Create a Tablescape

Enhance your wellbeing by creating and taking home a beautiful tablescape. A beautiful table decoration for your coffee table or dining table.

Date: Tuesday 9 July 2019

Time 12.30pm—2.30pm

Cost \$14 or \$10 if reg with My Aged Care

Bookings essential Ph: 8375 6703

@ Cooinda Cultural Connections International Cultural Diversity Day

Learn, celebrate and experience the cultural diversity of our community.

Join us in celebrating International Cultural Diversity Day. Enjoy activities and dishes from various parts of the world. Celebrate the food and festivities of the people who have made Australia their home.



Date Tuesday 21 May 2019

Time 11am—2pm

Cost \$14 or \$10 if registered with My Aged Care

Bookings essential phone: 8375 6703

Feeling Stronger Feeling Healthier

It's never too late to improve your strength and balance

Come along to this fitness program conducted by an Accredited Exercise Physiologist and tailored to your needs. Using specialized equipment at the Wellness Centre at Southern Cross Care (SA & NT), you will build your confidence, strength and balance. Suitable for all fitness levels.

Days Thursdays 1pm-2pm

Tuesdays 10.30am-11.30am

For more information please phone Anne on 8375 6703.

@ TPNC

Let's Do Lunch

Come along to our monthly lunch group, bring a friend or make new ones.

Topics and dates listed below.

Cost \$14 or \$10 if registered with My Aged Care

The History of Sturt Road

What was Sturt Road like before the heavy traffic? Ian Morphett will share his discoveries about the people, buildings and life as it was on Sturt Road in Marion's rural and historic past.

Date Thursday 9 May 2019

Time 1pm—3pm

Bookings Essential Ph: 8387 2074

Gain Control of Your Energy Bills

Do you find electricity, gas and water bills difficult to understand? Do you wonder what you can do to lower your bills? This informative session will give you some tips to stay on top of your energy bills. Bring along your bills (optional) and questions.

Date Thursday 13 June 2019

Time 1pm—3pm

Bookings Essential Ph: 8387 2074.

Give Chi Ball a Try

Chi Ball is a mind-body exercise that involves music, flowing movement and relaxation. This tastier will allow you to experience its benefits including improved balance, calm and sense of wellbeing.

Date Thursday 11 July 2019

Time 1pm—3pm

Bookings Essential Ph: 8387 2074.

COOINDA
NEIGHBOURHOOD CENTRE
245 Sturt Road Sturt
CALL 8375 6703

WEB marion.sa.gov.au/cooinda

GLANDORE
COMMUNITY CENTRE
25 Naldera Street Glandore
CALL 7420 6400

WEB marion.sa.gov.au/glandore

MITCHELL PARK
NEIGHBOURHOOD CENTRE
1 Cumbria Court Mitchell Park
CALL 8375 6804

WEB marion.sa.gov.au/mpnc

TROTT PARK
NEIGHBOURHOOD CENTRE
34 Hissing Crescent Trott Park
CALL 8387 2074

WEB marion.sa.gov.au/tpnc

COMMONWEALTH HOME SUPPORT



@ Glandore Café Fusion

Book for a casual lunch and enjoy coffee and a chat. Café Fusion is a great opportunity to meet people and enjoy a delicious and affordable lunch in a relaxed and friendly environment.



Where Glandore Community Centre
Date Wednesdays & Fridays
Time 12noon
Cost \$10 or \$7 if reg with My Aged Care
Bookings essential Ph: 7420 6400

@ Cooinda Disability Rights Advocacy Service

Free professional advocacy and representation for eligible members of the community.

Wednesdays (monthly)

15 May, 19 June, 17 July, 21 August
Time: 10am—12noon

Matters may include:
National Disability Insurance Scheme (NDIS) Plan Reviews, Appeals and Complaints
Centrelink –Benefits, Programs, Reviews and Appeals
Guardianship, Administration and Community Treatment Orders –SACAT
By appointment only.
Please contact Chris on 8122 2714 or 8122 2717



@ Cooinda

Lunch with Friends

Come along to our monthly lunch and enjoy good company and guest speakers
See topics and dates below.

Tell Me about Social Media

This fun and informative session is for people who are interested in understanding who is using social media and why? Learn about Facebook, Twitter, LinkedIn, Instagram, Snap Chat, You Tube and Pinterest.

Date Tuesday 7 May 2019
Time 12.30pm—2.30pm
Cost \$14 or \$10 if reg with My Aged Care
Bookings essential Ph: 8375 6703

Gain Control of your Energy Consumption

Saving on energy and water consumption means saving money. Learn about running costs for various appliances and how to reduce bills.

Date Tuesday 4 June 2019
Time 12.30pm—2.30pm
Cost \$14 or \$10 if reg with My Aged Care
Bookings essential Ph: 8375 6703

Discover the LifeLab @ Tonsley

Hear from Julianne Parkinson, the CEO of the Global Centre for Modern Ageing about how they capture older people's insights and feedback at the LifeLab @ Tonsley to help companies support people to age well. Discover how you can share with companies what matters to you and how their products and services need to look to meet your needs for the future.

Date Tuesday 2 July 2019
Time 12.30pm—2.30pm
Cost \$14 or \$10 if reg with My Aged Care
Bookings essential Ph: 8375 6703

@ Trott Park

Italian Conversation For fun, socializing and travel



Our tutor Frank makes learning Italian fun and will cover the basics for fun and travel. This informal class will ensure you feel comfortable practicing your skills while learning a little about Italian history, geography and culture. Improve your wellbeing through socialising and lifelong learning.

Where Trott Park Neighbourhood Centre
Days Wednesdays
Time 1pm—2.30pm
Cost \$6 or \$3 if reg with My Aged Care
Bookings Essential Ph: 8387 2074

Enjoy a Day Out! Don't Miss the Bus

Venture beyond your local area, enjoy lunch, a drive and the opportunity to socialise. The City of Marion Community Bus will pick you up and return you home after an enjoyable day out. Outings include hotels, cafes, picnics and tours.

For more information please phone 8375 6703.

MY AGED CARE

For information or support to register with please phone Anne on 8375 6703

Due to our funding requirements all participants are required to pay the non-subsidised fee (full fee) until they have registered with My Aged Care and the City of Marion has received the relevant referrals.

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