

## Providing opportunities to stay active, socially connected and independent in your local community.

### @ Glandore Living Well

Join us once a month for a light lunch and presentation on a range of health, lifestyle and wellbeing topics. Topics/dates below.

Cost \$10.00 or \$7.00 if reg with My Aged Care

Bookings Essential 8371 1139

### Groove Bros and Soul Sister

Enhance your wellbeing by enjoying music we all know and love. Enjoy your favourite duets from the 60s, 70s and 80s. An opportunity to see to preview these local entertainers before they perform at the 2019 Fringe.

Date Monday 21 May

Time 12 Noon - 2.30pm

Bookings Essential 8371 1139

### Limit your Waste

There are many ways you can avoid or reduce the amount of waste you create. Our Waste & Recycling Education Officer will share useful tips for living a more sustainable lifestyle.

Date Monday 18 June 2018

Time 12 Noon - 2.30pm

Bookings Essential 8371 1139

### Guide Dogs for Independence

Learn about the various ways Guide Dogs assist people to live independently and enhance the wellbeing and quality of life of people living with a disability.

Date Monday 16 July

Time 12 Noon - 2.30pm

Bookings Essential 8371 1139

### @ Cooinda Cultural Connections

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

### The Fabric of our Community



People who migrate to Australia bring with them and share some of their cultural traditions as well as taking on new ones. Over lunch enjoy celebrating the colour and fabric of various cultures as discover how scarves are worn and a hand bag making activity.

Date Tuesday 22 May 2018

Time 11am - 2pm

Cost \$11.00

\$9.00 if registered with My Aged Care

Bookings essential phone: 8375 6703

### @ Cooinda Because I Can

The smallest adjustments in life can make the biggest impact.

Are you wanting to make small changes to improve your health and wellbeing? Because I Can will develop your confidence, positive thinking, control and independence. Learn techniques for making decisions, problem solving, setting goals, managing challenges and self-care.

Date Tuesday 19 June

Time 12.30pm - 4pm

Cost \$10 (incl light lunch) or

\$7 if Reg with My Aged Care

Bookings essential phone: 8375 6703

### @ TPNC Let's Do Lunch

Come along to our monthly lunch group, bring a friend or make new ones. Topics/dates below. Cost \$11 or \$9 if Reg with My Aged Care

### You only get out what you put in.

Learn about nutrition and how you can get the most out of every day through your diet. "Who would live without flavor? Flavour is pleasure as well as health. It's vital to life." Maggie Beer (everyone will receive a free Maggie Beer recipe book)

Date Thursday 10 May

Time 1pm - 3pm

Bookings Essential Ph: 8387 2074

### Friends of Heysen Trail

Join us for an informative presentation about one of south Australia's most iconic set of walking trails and the valuable environmental preservation work undertaken by the Friends of the Heysen Trail volunteers.

Date Thursday 14 June

Time 1pm - 3pm

Bookings Essential Ph: 8387 2074

### Keeping Your Skin Healthy

The average person's skin weighs 4 kilos, has a surface area of 1.75 metres and accounts for 7% of their body weight. Learn how to improve and maintain skin health so you can feel healthy and confident.

Date Thursday 12 July

Time 1pm - 3pm

Bookings Essential Ph: 8387 2074

#### COOINDA

Neighbourhood Centre  
245 Sturt Road Sturt  
CALL 8375 6703

WEB [marion.sa.gov.au/cooinda](http://marion.sa.gov.au/cooinda)

#### GLANDORE

Community Centre  
25 Naldera Street Glandore  
CALL 8371 1139

WEB [marion.sa.gov.au/glandore](http://marion.sa.gov.au/glandore)

#### MITCHELL PARK

Neighbourhood Centre  
1 Cumbria Court Mitchell Park  
CALL 8375 6804

WEB [marion.sa.gov.au/mpnc](http://marion.sa.gov.au/mpnc)

#### TROTT PARK

Neighbourhood Centre  
34 Hessing Crescent Trott Park  
CALL 8387 2074

WEB [marion.sa.gov.au/tpnc](http://marion.sa.gov.au/tpnc)

## @ Cooinda

### Disability Rights Advocacy Service

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

Wednesday 16 May 2018

Time: 10am—12noon

Matters may include:

Centrelink –Benefits, Programs, Reviews and Appeals

National Disability Insurance Scheme (NDIS) Plan Reviews, Appeals and Complaints

Guardianship, Administration and Community Treatment Orders –SACAT

By appointment only.

Please contact Angela on

8351 9500 or 8122 2714.



Disability Rights  
Advocacy Service Inc

## @ Cooinda

### Blokes Breaky Men for all Seasons

Rain, hail or shine, drop in and start your day with our friendly group of men who enjoy a chat while cooking a delicious bbq breakfast.



Date: Monday 28 May, 25 June  
(4th Monday of the month)

Time 8.30am—11am

Cost: \$7or \$5 if Reg My Aged Care

Bookings Essential 8375 6703

## @ Cooinda

### Lunch with Friends

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

Cost \$11 or \$9 if reg with My Aged Care

### Protect What Matters Most

Emergencies can happen at any time.

They can be as personal as a death or illness in the family or as large as a flood or fire. A presenter from the Australian Red Cross will provide you with useful strategies and tips to prepare for, manage and recover from an emergency whether it be personal or weather related.

Date Tuesday 5 June

Time 12.30pm—2.30pm

Bookings essential Ph: 8375 6703

### Art of Respect



The City of Marion encourage community involvement in the reporting and rapid removal of graffiti. Our Graffiti Program Coordinator will share information about the role of volunteers in the removal of graffiti. Learn about the Art of Respect, a project involving young people who gain a sense of belonging and self worth as they contribute to our community.

Date: Tuesday 3 July 2018

Time 12.30pm—2.30pm

Cost: \$11 or \$9 if Reg My Aged Care

Bookings Essential 8375 6703

## @ Cooinda

### The Good Life

Join us once a month for guest speakers on a range of topics covering wellbeing lifestyle and health. Topics and dates below. Cost \$11 or \$9 if reg with My Aged Care

### Eat Smart Move More



Over a delicious and nutritious lunch our presenter (a dietician) will provide you with useful tips to ensure you maintain a healthy diet and lifestyle while continuing to enjoy life.

Date Tuesday 8 May

Time 12 .30pm - 2.30pm

Bookings Essential Ph: 8375 6703

### Stroke Prevention

Our presenter from the Stroke Foundation will provide useful information on the prevention of strokes, the signs and symptoms and the support available during recovery.

Date Tuesday 12 June

Time 12 .30pm - 2.30pm

Bookings Essential Ph: 8375 6703

### Stress Less about Utilities

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

Date Tuesday 10 July

Time 12 .30pm - 2.30pm

Bookings Essential Ph: 8375 6703

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