

**Providing opportunities to stay active, socially connected and independent in your local community. (Term 3)**

## @ 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

## Eat Smart and Move More

Over a nutritious lunch our presenter Danielle (a dietitian) will provide information and useful tips to ensure you maintain a healthy diet and lifestyle while still enjoying life.

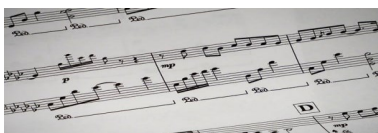
Date Monday 20 August

Time 12 Noon - 2.30pm

Bookings Essential 8371 1139

## Sing Along with Sing Australia

Enjoy singing along with our guest choir from Sing Australia. Singing is proven to have both physical and psychological benefits.



Date Monday 17 September

Time 12 Noon - 2.30pm

Bookings Essential 8371 1139

## Yarning Circle

Join Kurna Elder Auntie Suzanne for a yarn-ing circle. An informal chat and the opportunity to discover and ask questions about Aboriginal culture.

Date Monday 15 October

Time 12 Noon - 2.30pm

Bookings Essential 8371 1139

## @ Cooinda Cultural Connections

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

## The Taste of Diversity

People who migrate to Australia bring with them and share some of their cultural traditions as well as taking on new ones. Join us in celebrating the flavours, smells and textures of the wonderful food many cultural groups have brought to Australia.



Date Tuesday 21 August 2018

Time 11am - 2pm

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

Bookings essential phone: 8375 6703

## @ MPNC

## Wacky Wednesday

Fun Laughter & Friendship



Join our fun loving group of seniors who meet week for lunch, a range of activities including guest speakers, theme days and outings.

Date Every Wednesday

Time 11am - 2.30pm

Bookings Essential 8375 6804

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

## @ TPNC

## Let's Do Lunch

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

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

## Bowel Cancer Screening

An opportunity to learn and ask questions about the importance of bowel cancer screening.

Date Thursday 9 August

Time 1pm - 3pm

Bookings Essential Ph: 8387 2074

## CPR & Defib Basics

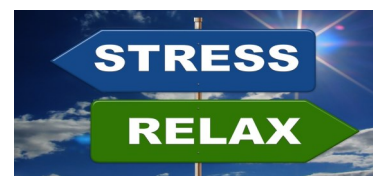
Join us for an informative session to increase your understanding of CPR and defibrillation—both life saving techniques.

Date Thursday 13 September

Time 1pm - 3pm

Bookings Essential Ph: 8387 2074

## Master your Mind



Is stress affecting your day to day life? Design a toolbox of techniques to prevent and manage unhealthy levels of stress.

Date Thursday 11 October

Time 1pm - 3pm

Bookings Essential Ph: 8387 2074

Funded by the Australian Government Department of Health. Visit the Department of Health website (www.health.gov.au) for more information. Although funding for this activity has been provided by the Australian Government, the material herein does not necessarily represent the views or policies of the Australian Government.

### COOINDA

Neighbourhood Centre  
245 Sturt Road Sturt  
CALL 8375 6703

WEB marion.sa.gov.au/cooinda

### GLANDORE

Community Centre  
25 Naldera Street Glandore  
CALL 8371 1139

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 Hessing Crescent Trott Park  
CALL 8387 2074

WEB marion.sa.gov.au/tpnc

## @ Cooinda Disability Rights Advocacy Service

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

Wednesday 15 August 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.



## @ 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 23 July, 27 Aug, 24 Sept  
(4th Monday of the month)

Time 8.30am—11am

Cost: \$11or \$7 if Reg My Aged Care

Bookings Essential 8375 6703

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## @ Cooinda Lunch with Friends

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

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

## Savvy Seniors

Look after the cents and the dollars will take care of themselves.



Discover some useful information and tips on the discounts and concessions available to seniors.

Date Tuesday 7 August

Time 12.30pm—2.30pm

Bookings essential Ph: 8375 6703

## Life in Marion 100 Years Ago



Step back in time and learn about the day to day life of people living in Marion over 100 years ago. Living in Marion was a little like living in the country with farms, orchards and vineyards

Date: Tuesday 4 September 2018

Time 12.30pm—2.30pm

Bookings Essential 8375 6703

## Understanding Residential Care

Learn about the process of accessing residential care, the providers, services and associated costs.

Date: Tuesday 2 October 2018

Time 12.30pm—2.30pm

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

## The Benefits of Gratitude

Enhance your wellbeing and discover the benefits of cultivating gratitude, by shifting our focus to the positive aspects of our lives. Everyone will receive a gratitude journal.

Date Tuesday 14 August

Time 12 .30pm - 2.30pm

Bookings Essential Ph: 8375 6703

## Make a Terrarium for Spring

Have fun making a terrarium that will enable you to be creative. Everyone will be able to take it home or gift to a friend or family member.

Date Tuesday 11 September

Time 12 .30pm - 2.30pm

Bookings Essential Ph: 8375 6703

## Spoil Yourself with High Tea



Celebrate Zest Fest, a celebration of modern ageing with a high tea. Enjoy a delicious selection of beautifully prepared finger foods and teas.

Date Tuesday 9 October

Time 12 .30pm - 2.30pm

Bookings Essential Ph: 8375 6703