

ZEST for LIFE

CELEBRATING
POSITIVE
AGEING

15-28
AUGUST



www.npsp.sa.gov.au/zestforlife



City of
Norwood
Payneham
& St Peters

The Zest for Life program is presented by the City of Norwood, Payneham & St Peters.

For further information, or to book your place at any of these events, visit www.npsp.sa.gov.au/zestforlife, or email events@npsp.sa.gov.au

Booking essential for all events.



COME & TRY

CROQUET

The Norwood Croquet Club is one of the leading clubs in South Australia located at the Buttery Sports Ground.

Croquet is a fascinating non-aerobic game. Great fun, often devious, Croquet is as social and uncomplicated or as competitive and challenging as you want. Age and gender are not an issue, but being strategic and having a bit of cunning is advantageous.

The only limits to playing are your height: minimum about 4 feet (all imperial measurements in croquet) and the ability to walk!

Date: Friday 19 August

Time: 1.00pm – 4.00pm

Venue: Norwood Croquet Club,
259 Portrush Road, Norwood

Cost: \$5

Please note: Participants must wear flat sole shoes

PAINTING

Let Pinot and Picasso take you on a painting journey and create a beautiful native Waratah or use your imagination to create your own masterpiece to take home.

All art supplies are provided.

Date: Monday 15 August

Time: 6.00pm – 9.00pm

Venue: Pinot & Picasso, 223 The Parade, Norwood

Cost: \$10

COOKING WITH CHEFS ON WHEELS

Join Paul as he takes you on a food adventure to France. Learn and taste the classics including a chef's version of Beef Bourguignon, heavenly Parisian Mashed Potato and the super impressive Pear Tart Tatin.

Date: Thursday 18 August

Time: 10.00am

Venue: Chefs on Wheels,
Shop 4, 32-38 Glynburn Road, Hectorville

Cost: \$10

DIY SKINCARE

In this workshop you will learn a simple daily technique that will make a real difference to you and your skin. You will also get some great tips on various items you can use on your skin, which will save you money, and you will make a product to take home. Upon completion of the workshop you will walk out with the confidence to start making some of your own skincare products.

Date: Wednesday 17 August

Cost: 2.00pm – 3.00pm

Venue: St Peters Library (Banquet Hall),
101 Payneham Road, St Peters

Cost: \$10

HEART FOUNDATION WALKING

Heart Foundation Walking groups are a great way to meet new people and look after your health. Why not join the Stepney Group for a weekly walk and coffee. New members are always welcome.

Date: Wednesday 17 & 24 August

Time: 9.30am

Venue: Meet at the Avenues Shopping Centre,
114 Payneham Road, Stepney

Cost: Free

ENTERTAINMENT

MOVIE AT THE LIBRARY – MY FAIR LADY (G)

The lovely Eliza Doolittle and pompous professor Henry Higgins will leave you singing in this beloved musical from 1964. The old-time story of transforming a Cockney working-class girl into a high society member pulls at the heart strings and with the beautiful Audrey Hepburn on the screen you will enjoy this movie for the first time and never the last time.

Date: Wednesday 24 August

Time: 2.00pm (doors open at 1.50pm)

Venue: Payneham Library Complex,
2 Turner Street, Felixstow

Cost: Free

IN CONCERT

The K&N Brass band has been active in the local community for more than 120 years. Presenting an annual program of public concerts, festivals, contests and civic activities they offers a rich and rewarding musical experience.

Join them for a matinee show of Great American Songbook meets John Williams—featuring well-known songs and music from the movies and afternoon tea.

Date: Sunday 21 August

Time: 2.00pm – 3.30pm

Venue: Norwood Concert Hall,
175 The Parade, Norwood

Cost: \$10

SEMINARS & WORKSHOPS

LET'S TALK LEGAL! – A SEMINAR ABOUT WILLS, ESTATE PLANNING, POWERS OF ATTORNEY AND ADVANCE CARE DIRECTIVES

Planning for your future legal, financial and health decisions is easier than you think. Join us for an interactive session with our guest speaker, Alison Evenden, to answer all your questions about estate planning issues and find out more about protecting you and your loved ones now and into the future.

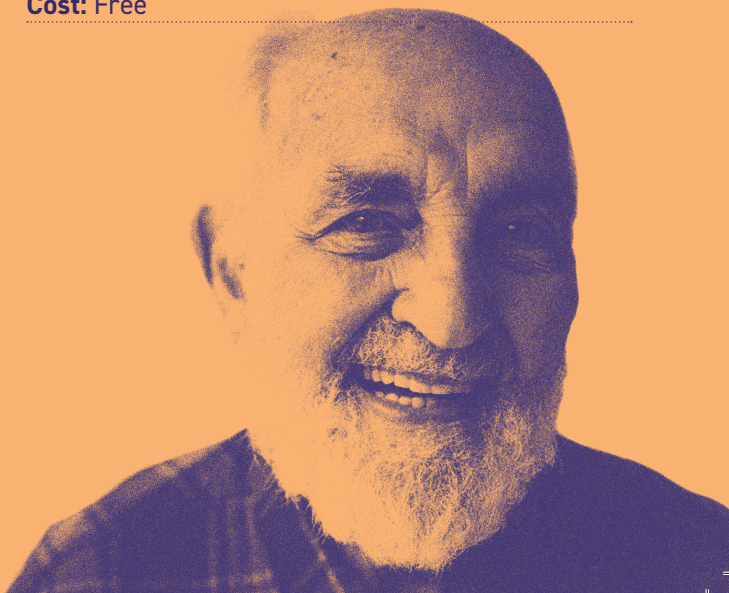
A practical session with tips and information about what to do (and what not to do) to ensure your wishes are respected and carried out.

Date: Wednesday 17 August

Time: 10.00am – 11.30am

Venue: Payneham Library Complex,
2 Turner Street, Felixstow

Cost: Free



INTRODUCTION TO MEMOIR WRITING WHAT'S YOUR STORY?

Do you have a life story to tell? What events or life-changing experiences have happened in your life? What family stories—funny, strange or sad—have shaped your memories? If you have a family story just waiting to be told in print, here is your chance to get started.

In this interactive and entertaining workshop with award-winning writer, Jude Aquilina, you will learn how to develop your ideas, discover your narrative voice and learn new skills to infuse your writing.

This workshop will provide the fundamentals of memoir writing. You will discover how to tell your story and leave a legacy.

Date: Tuesday 23 August

Time: 2.00pm – 4.00pm

Venue: Payneham Library Complex,
2 Turner Street, Felixstow

Cost: \$10

TERRARIUM WORKSHOP

Create your very own terrarium with Markus Hamence, The Botanic Designer. Glass bowl, plants and all material supplied.

Date: Saturday 20 August

Time: 2.00pm – 3.30pm

Venue: St Peters Library,
101 Payneham Road, St Peters

Cost: \$20

DOWNSIZING YOUR HOME

If you are wanting to move to a more manageable or affordable place, there are things to consider to make sure everything goes smoothly. This session includes the financial aspects of downsizing, retirement housing options available and where to get assistance throughout the various stages of the process.

Join Luisa Silveira from the Catalyst Foundation who manages the information resources published by the Foundation, including fact sheets and directories covering retirement villages (independent living units and serviced apartments), residential parks and rental housing for seniors.

Date: Wednesday 17 August

Time: 1.30pm – 3.00pm

Venue: Payneham Library Complex,
2 Turner Street, Felixstow

Cost: Free

DOG BEHAVIOUR AND CHOOSING THE RIGHT DOG FOR YOU

We know more about dog behaviour than ever before thanks to advances in canine research. Learn what we as dog trainers and behaviour consultants know, and how that can help you choose the right dog for you.

Date: Saturday 20 August

Time: 11.00am – 12 noon

Venue: Payneham Library Complex,
2 Turner Street, Felixstow

Cost: Free

HOW TO ELECTRONICALLY FILE YOUR PHOTOS (LIBRARY EVENT)

Join Simone from 'Your Photos Filed' to learn useful tips and tricks.

It can be overwhelming to manage all of your images which usually exist on multiple devices such as iPhones, cameras, and laptops etc. This presentation will be a great starting point for you to organise your digital images and ensure they are backed up securely. The importance of organising, scanning and preserving printed photos and memorabilia will also be discussed.

Date: Thursday 25 August

Time: 3.00pm – 4.00pm

Venue: Payneham Library Complex,
2 Turner Street, Felixstow

Cost: Free

ONLINE PRIVACY (LIBRARY EVENT)

Did you know whenever you use the Internet you are leaving a record of your activities? In this course you will learn about the issues surrounding online privacy and some of the basic steps you can take to improve yours. Topics covered include:

- cookies and tracking
- surveillance
- privacy settings
- social media
- web browsers and search engines

Date: Monday 15 August

Time: 2.00pm – 3.30pm

Venue: St Peters Library (Banquet Hall),
101 Payneham Road, St Peters

Cost: \$5

HOW TO USE THE CLOUD (LIBRARY EVENT)

Explore the benefits of the cloud and how it can be used to back up and share information from your computer or mobile device. You'll learn how to use iCloud for Apple devices, and Google Drive for Windows and Android devices. Topics covered include:

- what is the cloud?
- how to back up your phone/tablet settings
- how to backup and share photos
- using Google Drive for storage

Date: Monday 22 August

Time: 2.00pm – 3.30pm

Venue: St Peters Library,
101 Payneham Road, St Peters

Cost: \$5

TOURS

STAINED GLASS WINDOWS AT ALL SOULS CHURCH

The very special historic stained-glass windows at All Souls Anglican Church were made by the talented William Morris, a very important part of the Raphaelite movement in England. These windows date back to the 1800s and display skill and intricate design.

Date: Monday 22 August

Time: 10.00am - 11.00am

Venue: All Souls Anglican Church,
28 Stephen Terrace, St Peters

Cost: \$5

OP SHOP

Op shops are around almost every corner in our City. They are brimming with the most fabulous fashion, books, antiques and other rarities. Join us for a morning of retail therapy (minus the expense!) as we visit a number of local op shops to bag a bargain and support those who are most in need.

Date: Saturday 27 August

Time: 9.00am (bus to leave at 9.15am)

Venue: Please meet the bus at the
Norwood Oval, The Parade

Cost: \$5

VISIT MOUNT LOFTY BOTANIC GARDEN AND STIRLING

Board the Community Bus for a delightful morning tour with the Friends of the Botanic Gardens. Mount Lofty Botanic Garden is the perfect place to lose yourself, reconnect with nature and enjoy its beauty and serenity. There's always something new to discover at the Garden, sprawling across 97 hectares—with a surprise awaiting around every corner. Immerse yourself in the spectacular colour, rich aromas and amazing diversity.

No matter if you're a botanical novice or a plant expert, you'll be fascinated and intrigued by the amazing floral diversity and dramatic hillside setting of Mount Lofty Botanic Garden.

Following the Mount Lofty Botanic Garden Tour, we will visit Stirling for a coffee break before returning to Norwood Town Hall by 2pm.

Date: Friday 26 August

Time: 10.30am

Venue: Please meet at the Norwood Concert Hall (George Street entrance) at 9.45am

Cost: \$5 transport to be paid online & \$2 donation on the day (to the Friends of the Botanic Gardens of Adelaide)

PARLIAMENT HOUSE TOUR

Parliament House is the home of South Australia's legislature, the primary law-making body in South Australia and is at the forefront of civics and citizenship education, with tours and experiences for all citizens.

This tour covers the structure and procedural elements of Parliament, as well as the participatory and historical elements.

Dates: Monday 22 August

Time: 2.30pm – 3.30pm

Venue: Parliament House, North Terrace, Adelaide.
(Meeting location is in Centre Hall in Parliament House at 2.20pm)

Cost: Free



TASTINGS

BEER

Little Bang Brewery is different to most commercial breweries, it doesn't use preservatives or filter its beers. Come and have a taste of their award-winning beers at their Tap Room in Stepney.

Date: Friday 26 August

Time: 4.30pm – 5.30pm

Venue: Little Bang Brewing,
25 Henry Street, Stepney

Cost: \$10

GIN

Reform Distilling is an urban distillery tucked away in the back streets of Kent Town. Creating bespoke gins and spirits inspired by the local neighbourhood.

Dates: Sunday 28 August

Time: 3.00pm – 4.00pm

Venue: Reform Distilling,
91 Little Rundle Street, Kent Town

Cost: \$10



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