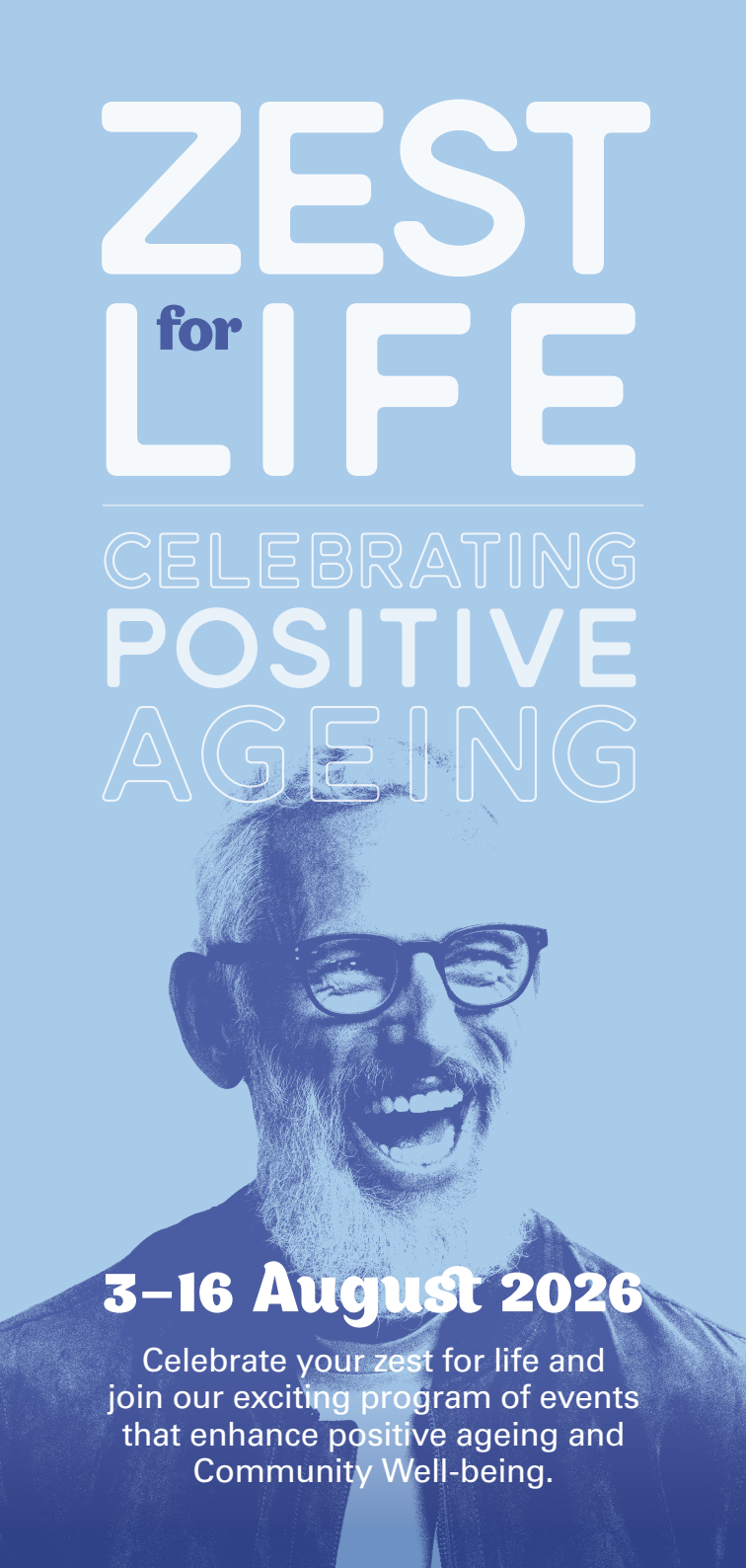


ZEST **for** LIFE

CELEBRATING
POSITIVE
AGEING

A close-up portrait of a middle-aged man with a grey beard and glasses, smiling broadly. The image is overlaid with a semi-transparent blue filter. The text is positioned over the top half of the image.

3-16 August 2026

Celebrate your zest for life and
join our exciting program of events
that enhance positive ageing and
Community Well-being.

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](http://www.npsp.sa.gov.au/zestforlife), or scan the QR Code below.



**Bookings essential
for all events.**



COME & TRY

1

PERFUME MAKING

Discover a hands-on fragrance experience as you explore a curated library of scents and learn the fundamentals of blending your own unique creation. With expert guidance, you'll experiment with different combinations to develop a personalised fragrance. You'll be guided through the making process before creating, labelling and packaging your products to take home, leaving with a one-of-a-kind creation and a deeper appreciation for the art of fragrance.

Date: Tuesday 4 August

Time: 11.00am–12.00noon

Venue: St Peters Banquet Hall,
101 Payneham Rd, St Peters

Cost: \$15

GET INTO GOLF

Join us at Tracked Golf for a fun and relaxed introduction to golf. Whether you are completely new to the game or looking to build your confidence, this guided session is a great way to learn the basics, enjoy some friendly competition and experience golf in a welcoming and social environment.

Date: Friday 7 August

Time: 10.00am–12.00noon

Venue: Tracked Golf, 482 Payneham Rd, Glyde

Cost: \$15

CANDLE MAKING

Immerse yourself in a fun, hands-on experience at Red Rosie Perfume Design Studio, where you'll be guided through an extensive candle fragrance library to create your very own custom-scented candle.

Discover the art of fragrance blending as you explore a diverse range of scents and craft a truly unique candle that reflects your personal style.

Date: Monday 10 August

Time: 10.30am–12.00noon

Venue: Red Rosie, 265 Kensington Road,
Kensington Park

Cost: \$15

EASY MEAL PREP WITH CHEF JAMIE

Join local chef Jamie Carter for a practical cooking demonstration focused on simple, delicious meal preparation.

Discover easy home-cooked recipes, time-saving kitchen tips and smart meal planning ideas to help you prepare meals ahead of time, save time during the week and enjoy nutritious food every day. Perfect for anyone looking to make cooking easier and more enjoyable.

Date: Tuesday 11 August

Time: 9.00am–11.00am

Venue: Norwood Commercial Kitchen,
59 Queen Street, Norwood

Cost: \$15

NONNA'S BISCUIT MAKING CLASS

3

Back by popular demand, the Co-ordinating Italian Committee presents a hands-on experience celebrating the tradition of authentic Italian baking. Learn how to make a selection of delicious Italian biscuits while enjoying the stories, techniques and warmth passed down through generations, and of course taste your creations. Perfect for passionate home bakers and lovers of Italian sweets.

Date: Thursday 13 August

Time: 10.00am–1.00pm

Venue: St Peters Banquet Hall,
101 Payneham Road, St Peters

Cost: \$10



SEMINARS & WORKSHOPS

CYBER SAFETY AWARENESS

Join cyber safety experts from South Australia Police to learn how to stay safe online. Cover current scam and cybercrime trends, learn how to spot suspicious activity and easy-to-use tips to help protect yourself when using the internet, email and social media.

Date: Monday 3 August

Time: 11.00am–12.30pm

Venue: Payneham Library, 2 Turner Street, Felixstow

Cost: Free



HEALTHY MINDFULNESS: ATTENTION & THE NOW

5

This session explores common distractions, particularly those linked to the past or future, and how they can pull us away from the present moment. Life truly unfolds in the present, allowing for greater clarity, calm and genuine connection with yourself and others.

Discover practical techniques to sharpen your focus and reconnect with the here and now.

Date: Wednesday 5 August

Time: 10.00am–11.00am

Venue: Payneham Library, 2 Turner Street, Felixstow

Cost: Free

SLEEP BETTER & LIVE BETTER

Feeling stressed or not feeling refreshed when you wake up?

Hear from holistic sleep scientist Sabine Christelli during this enlightening and practical workshop exploring the science and soul of sleep. Discover how your nightly rest impacts energy, focus and emotional well-being, and learn simple, evidence-based strategies to help reset your sleep rhythm naturally. Perfect for anyone looking to improve their sleep health and feel more refreshed each day.

Date: Wednesday 5 August

Time: 1.00pm–3.00pm

Venue: Payneham Library, 2 Turner Street, Felixstow

Cost: Free

HEALTHY MINDFULNESS: AUTOMATICITY

In this session, we explore the connection between mindfulness and automatic habits.

Many of our thoughts and behaviours operate on autopilot, often without our awareness.

This session will help you recognise these patterns and show how mindful awareness can support more intentional and effective responses.

Date: Wednesday 12 August

Time: 10.00am–11.00am

Venue: Payneham Library, 2 Turner Street, Felixstow

Cost: Free

HAND ARTHRITIS

Join us for an informative workshop presented by Full Circle Hand Therapy. Learn about hand arthritis, its causes, symptoms, risk factors and how common it is. Hear how occupational therapy can help manage symptoms and delay the need for surgery.

The session will also cover joint protection tips, safe at-home exercises and an introduction to helpful adaptive equipment.

Date: Friday 14 August

Time: 9.00am–10.15am

Venue: Payneham Library, 2 Turner Street, Felixstow

Cost: Free

TOURS

7

A DAY IN THE ADELAIDE HILLS

Enjoy a day in the Adelaide Hills, commencing with a visit to Beerenberg Farm for morning tea and some produce shopping, followed by free time in Hahndorf, to visit the many different shops or relax for a lunch break at any local of your choice.

Complete the day with a visit to Hahndorf Fruit & Veg Market to buy some fresh goodies to take home and enjoy.

Date: Friday 7 & 14 August

Time: 9.15am, bus departing Glynde at 9.30am
and Hahndorf around 3.30pm.

Pick-up/Drop-off Location:

Council Depot, 30 Davis Rd, Glynde

Cost: \$10 (lunch at your own cost)



STORIES. HERITAGE & ART

We invite you to explore the rich history and creative spirit of St Peters. Enjoy a guided bus tour through the leafy streets of St Peters, discover fascinating local stories at the Cultural Heritage Centre and experience the vibrant creativity of a SALA exhibition at The Gallery. A light afternoon tea will also be provided, offering the perfect opportunity to relax and reflect on the stories, heritage and art shared throughout the tour.

Date: Wednesday 12 August

Time: 1.15pm, bus departing Library at 1.30pm.
Tour finishing around 4.00pm.

Pick-up/Drop-off Location:

St Peters Library, 101 Payneham Road, St Peters

Cost: Free



FROM THE STANDS TO THE TABLE: NORWOOD OVAL TOUR & LUNCH

9

Come behind the scenes at the iconic Norwood Oval and discover the rich sporting history of one of South Australia's most beloved football grounds. Home to the legendary Norwood Redlegs, the Oval has been the heart of local sport and community celebrations for generations.

Enjoy a guided tour that takes you through the stands while hearing stories of great matches and the people who helped shape the club's proud legacy in the South Australian National Football League.

Following the tour, relax and enjoy a delicious lunch overlooking the Oval. A perfect opportunity to reflect on this local sporting icon.

Date: Friday 14 August

Time: 11.00am–1.30pm

Venue: Norwood Oval, corner of The Parade and Woods Street, Norwood (meet at Wolf Blass Community Centre entrance)

Cost: \$10

ENTERTAINMENT

CONCERT

In 1884, a group of 14 musicians from the Adelaide Metropolitan Foot Police came together to form Australia's first Police Band. What began as a volunteer brass ensemble has evolved into the renowned Band of the South Australian Police, now performing at hundreds of community and government events each year, an ever-growing presence in the state's cultural life.

Join us for a light morning tea and enjoy a performance by the talented SAPOL Band.

Date: Thursday 6 August

Time: 10.00am–11.30am

Venue: Norwood Concert Hall, 175 The Parade
(entrance via George Street), Norwood

Cost: \$10



WINE

Henry's Bar & Eatery are hosting an intimate wine tasting experience celebrating a curated selection of South Australian premium wines. Discover a range of distinctive reds, whites and sparkling varieties while learning about the winemaking process, flavour profiles and stories behind each pour in a relaxed and welcoming setting.

Date: Tuesday 11 August

Time: 2.00pm–3.00pm

Venue: Henry's Bar & Eatery
68 King William St, Kent Town

Cost: \$10

GIN

Explore a curated selection of signature and seasonal gins at Reform Distilling. This guided gin tasting will showcase their small-batch, handcrafted gin while teaching you insights about the botanicals and distilling techniques that make each bottle unique.

Date: Thursday 13 August

Time: 2.30pm–3.30pm

Venue: Reform Distilling
91 Little Rundle St, Kent Town

Cost: \$10

FESTIVAL CALENDAR AUGUST 2026

MONDAY 3

Cyber Safety Awareness

11.00am–12.30pm | Page 4

TUESDAY 4

Come & Try: Perfume Making

11.00am–12.00noon | Page 1

WEDNESDAY 5

Healthy Mindfulness: Attention & The Now

10.00am–11.00am | Page 5

Sleep Better & Live Better

1.00pm–3.00pm | Page 5

THURSDAY 6

Concert

10.00am–11.30am | Page 10

FRIDAY 7

Get Into Golf

10.00am–12.00noon | Page 1

A Day in The Adelaide Hills

9.15am for a 9.30am departure | Page 7

MONDAY 10

Candle Making

10.30am–12.00noon | Page 2

TUESDAY 11

Easy Meal Prep with Chef Jamie Carter

9.00am–11.00am | Page 2

Wine Tasting

2.00pm–3.00pm | Page 11

WEDNESDAY 12

Healthy Mindfulness: Automaticity

10.00am–11.00am | Page 6

Stories, Heritage & Art

1.30pm–4.00pm | Page 8

THURSDAY 13

Gin Tasting

2.30pm–3.30pm | Page 11

Nonna's Biscuit Making Class

10.00am–1.00pm | Page 3

FRIDAY 14

Hand Arthritis Workshop

9.00am–10.15am | Page 6

A Day in The Adelaide Hills

9.15am for a 9.30am departure | Page 7

From the Stands to the Table: Norwood Oval Tour & Lunch

11.00am–1.30pm | Page 9

For further information, or to book your
place at any of these events, visit
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or scan the QR code below.



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City of
Norwood
Payneham
& St Peters