

zest for life

celebrating
positive ageing

**CELEBRATE YOUR ZEST
FOR LIFE AND JOIN OUR
EXCITING PROGRAM OF
EVENTS WHICH ENCOURAGE
POSITIVE AND ACTIVE
AGEING, AND PROMOTE
COMMUNITY WELL-BEING.**

16 - 27 OCTOBER 2017

npsp.sa.gov.au/zestforlife



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**Celebrate your Zest for Life
and join our exciting program
of events which encourage
positive and active ageing, and
promote community well-being.**

The Zest for Life program is presented
as part of the COTA Zest Fest 2017 Festival for
Modern Ageing.

For further information about the Zest for
Life Festival, contact Council's Community
Services Unit on 8366 4611 or email
ccs@npsp.sa.gov.au

Further information is available and
bookings can be made online at
www.npsp.sa.gov.au/zestforlife
or in person at the following locations:

Norwood Town Hall | 175 The Parade, Norwood
Payneham Library | 2 Turner Street, Felixstow
St Peters Library | 101 Payneham Road, St Peters

For a full list of COTA SA Zest Fest Events, visit
www.zestfestsa.org.au

For further information and bookings,



* HEALTH & WELL-BEING

BACK ON THE BIKE • CYCLING SAFETY EDUCATION

Build knowledge and confidence through practicing cycling skills in a non/low traffic environment, path riding, left turns, safe route planning, bike security. This course will help you refresh your cycling skills and get back on the bike and stay active.

Dates: Monday 16 & 23 October
Time: 10.00am - 12 noon
Venue: Payneham Football Oval car park.
Enter via John Street, Payneham
Cost: \$10 for two sessions
Bookings: Essential

EXPLORING MINDFULNESS • WORKSHOP

Mindfulness means maintaining a moment-by-moment awareness of your thoughts, feelings, bodily sensations and surrounding environment while remaining non-judgemental.

Practicing mindfulness can bring a variety of physical, psychological and social benefits, including strategies to relax and de-stress.

Dates: Tuesday 17 October
Time: 10.30am - 11.30am
Venue: Payneham Community Centre
374 Payneham Road, Payneham
Cost: Free
Bookings: Essential

* HEALTH & WELL-BEING continued

HEART FOUNDATION WALKING GROUP • STEPNEY

Heart Foundation Walking groups are a great way to meet new people and look after your health. New members are always welcome.

Dates: Wednesday 18 & 25 October

Time: 9.30am

Venue: Meet at the Avenues
Shopping Centre

Cost: Free

Bookings: For further information and bookings
contact Maria on 0413 483 231

NATURAL SKINCARE • WORKSHOP

Make your own oatmeal scrub, oatmeal wash bag, herbal moisturiser and lip balm. Please bring three small jars to take products home.

Date: Wednesday 18 October

Time: 10.00am - 12 noon

Venue: Payneham Library Complex,
2 Turner Street, Felixstow

Cost: \$5

Bookings: Essential

TAI CHI IN THE PARK • CLASS

Tai Chi is a low-impact, slow-motion exercise that can be easily adapted for every individual, from highly athletic to those recovering from surgery. Some of the benefits include reduced stress; improved posture, breathing and balance; and increased fitness, flexibility, confidence and concentration.

Date: Friday 20 October

Time: 10.00am - 11.00am

Venue: Dunstone Grove-Linde Reserve,
Nelson Street, Stepney

Cost: Free

Bookings: Essential

For further information and bookings,

YOGA • CLASS

Taught by a professional yoga instructor from Yoga Indra, the class will focus on the Hatha style of yoga which is a gentle yet powerful form of yoga that emphasises the body, mind and breath connection. Bring your own mat or towel.

Date: Tuesday 24 October
Time: 10.00am - 11.00am
Venue: Banquet Hall, St Peters Library,
101 Payneham Road, St Peters
Cost: Free
Bookings: Essential

PILATES • CLASS

The Pilates exercise method is designed as a complete workout to connect and condition both the body and the mind, and is a valuable tool to improve posture, balance and core strength. Bring your own mat or towel and drink bottle.

Date: Wednesday 25 October
Time: 10.30am - 11.30am
Venue: Payneham Library Complex,
2 Turner Street, Felixstow
Cost: Free
Bookings: Essential

CHI BALL • CLASS

Chi Ball is a mind-body exercise and wellness program based on the principles of traditional Chinese medicine, suitable for all ages and abilities.

Date: Friday 27 October
Time: 9.15am - 10.15am
Venue: Payneham Library Complex,
2 Turner Street Felixstow
Cost: Free
Bookings: Essential



* SOCIAL FUN

GAMES AFTERNOON • SOCIAL FUN

Join us for an afternoon of board games, cards and jigsaws! Come on your own or bring a friend – everyone is welcome!

Dates: Thursday 19 & Friday 27 October
Time: 2.00pm - 4.00pm
Venue: Payneham Library, 2 Turner Street, Felixstow
Cost: Free
Bookings: Essential

COME AND TRY SALSA DANCING • CLASS

Feel the music of Cuba at a Salsa class for beginners.

Date: Friday 20 October
Time: 2.00pm - 3.00pm
Venue: Banquet Hall, St Peters Library, 101 Payneham Road, St Peters
Cost: \$5
Bookings: Essential

For further information and bookings,



* LEARNING

COMPUTING SESSIONS

All computing sessions will be held at
St Peters Library, 101 Payneham Road, St Peters

Cost: All sessions \$5

Bookings: Essential

CYBER SAFETY FOR SENIORS • SESSION

Learn simple steps and tips you can take to ensure your online experience is safe and enjoyable.

Date: Tuesday 17 October

Time: 6.00pm - 8.00pm

IPAD ESSENTIALS • SESSION

Learn the essentials to help you get more from your device. Participants must bring their own iPad.

Date: Friday 20 October

Time: 10.00am - 12 noon

GET STARTED WITH ONLINE VIDEOS AND STREAMING TV • SESSION

Perfect for beginners who want to get started with platforms such as YouTube and iView, learn how to access and use a wide range of free video services on the web.

Date: Tuesday 24 October

Time: 2.00pm - 4.00pm

ONE-ON-ONE COMPUTER TRAINING • SESSION

Need to know more about using your laptop or tablet, the internet and eBooks, or just need some tips to get started? Book a 45 minute personalised session.

Date: Friday 27 October

Times: 9.30am, 10.15am, 11.00am, & 11.45am



* LIFESTYLE

SHOP LIKE A STYLIST • WORKSHOP

Explore your shopping behaviour, discover your individual style, and learn how to shop smarter for investment pieces, seasonal trends and wardrobe basics.

Date: Thursday 19 October
Time: 10.30am - 11.30am
Venue: Don Pyatt Hall, Norwood Town Hall,
175 The Parade, Norwood
(entry via George Street)
Cost: Free
Bookings: Essential

ST PETERS ROTARY ON LINDE • SHED SALE

Enjoy the morning with coffee and breakfast available to purchase, and browse the shed sale at your leisure.

Date: Saturday 21 October
Time: 8.30am - 12 noon
Venue: Dunstone Grove - Linde Reserve,
Nelson Street, Stepney
Cost: Free
Bookings: Not required

LINDE COMMUNITY GARDEN • TOUR

The community garden was established and is maintained by volunteers who also share the produce. They started with bare earth and have been building the site into a productive garden of fruit, vegetables and herbs over the last five years.

Date: Saturday 21 October
Time: 11.00am
Venue: Dunstone Grove-Linde Reserve,
Nelson Street, Stepney
Cost: Free
Bookings: Not required

For further information and bookings,



DOWNSIZING YOUR HOME • SEMINAR

Discover ready-to-use tips and techniques to help declutter your existing home or to make the most of space in your new home.

Date: Wednesday 25 October
Time: 2.00pm - 4.00pm
Venue: Banquet Hall, St Peters Library,
101 Payneham Road, St Peters
Cost: Free
Bookings: Essential

TASTING ROOM • HOSTED BY SIGNATURE WINES

Get ready to roll some wines across your palate as you enjoy the hand crafted Signature Wines range from the Adelaide Hills, Barossa Valley and McLaren Vale. Light nibbles provided. Over 18 years only.

Date: Friday 27 October
Times: Session 1 2.30pm - 3.30pm
Session 2 4.00pm - 5.00pm
Venue: Signature Wines, 31 King Street,
Norwood
Cost: \$10
Bookings: Essential



* CRAFT

MAKE YOUR OWN MUG • CLASS

Make your very own ceramic mug under the guidance of ceramicist Alison Smiles. This workshop is suitable for people new to clay as well as people who may have some experience.

Date: Thursday 19 October
Time: 2.00pm - 5.00pm
Venue: Brick+Mortar Creative
49 George Street, Norwood
Cost: \$10
Bookings: Essential

BEYOND CROSS STITCH • CLASS

Spend an afternoon playing with gorgeous threads and a range of simple geometric stitches to embroider a bookmark on an 18-count canvas.

Date: Wednesday 25 October
Time: 2.00pm - 5.00pm
Venue: Brick+Mortar Creative
49 George Street, Norwood
Cost: \$10
Bookings: Essential

For further information and bookings,



* COMMUNITY EVENT

ZEST FOR LIFE CONCERT • SA POLICE BAND

In 1884, 14 musicians formed a volunteer Brass Band from within the ranks of the Adelaide Metropolitan Foot Police; the first Police Band in Australia. Today, the Band of the South Australian Police performs hundreds of community and Government events annually, and the demand grows with each passing year. Join us for a light morning tea while soaking up the musical talents of the SA Police Band.

Date: Thursday 26 October

Time: 10.30am - 12.30pm

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

Cost: \$10 (includes morning tea)

Bookings: Essential. Tickets must be pre-purchased. Tickets will not be available for purchase at the door.

City of Norwood Payneham & St Peters
175 The Parade, Norwood SA 5067

Telephone 8366 4555
Facsimile 8332 6338
Email townhall@npsp.sa.gov.au
Website www.npsp.sa.gov.au



**City of
Norwood
Payneham
& St Peters**