



# Ageing Well!

## News & Information

### Newsletter

January / February 2024

## Paradise Recreation Plaza

The new Paradise Recreation Plaza is now open! The Plaza is a contemporary multi use facility that celebrates its history and natural surrounds of River Torrens Linear Park / Karrawirra Parri in influencing its design. Set against the backdrop of giant gum trees the space brings a modern design ideal for people of all ages and skill levels who like to be active or just really love getting about on wheels.

There are toilets onsite, BBQ, shelter and a large lawn for people to enjoy a picnic and all the facilities on offer. This new facility provides great opportunities for activities between the generations, including younger and older people, grandparents, children and everyone in between! What a great opportunity to enjoy time with others in beautiful surrounds. For more information visit [campbelltown.sa.gov.au/prp](http://campbelltown.sa.gov.au/prp)



**Official Opening Community Event**  
**Sunday 28 January 2024 11am – 2pm**

*Note: there is limited onsite parking however there is ample street parking  
and Paradise Interchange is across the road*

## What's your New Years Resolution?

New Year's resolutions are often a way to take stock of our lives and aspire to make them better. But after many trips around the sun, does it ever make sense to just stop making them?

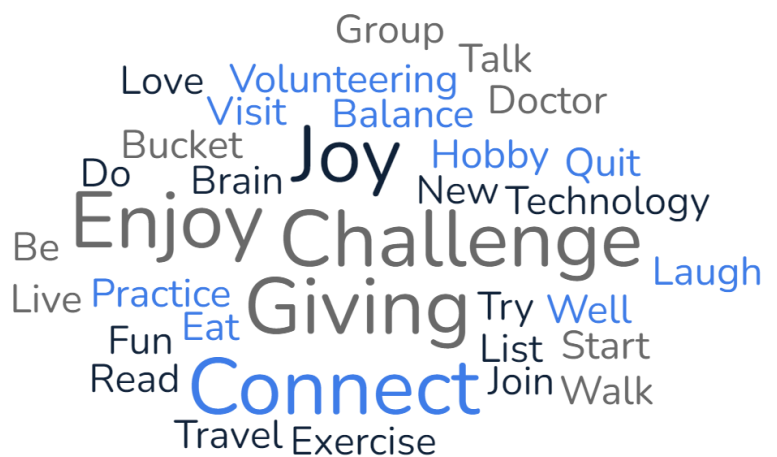
A resolution is important because the implication is you're looking toward the future. When people looking forward to the future, they generally feel less hopeless. Having something to look forward to is vital for mental health at any age. When people look forward, when they are future oriented, it's a good thing.

As we get older, our sense of self can get really worn down, particularly when people are isolated and increasingly feeling that they don't matter. Some people might need some support in getting involved in something new and or to improve their physical health and wellbeing. The good news is that there are groups, activities, services and supports in all of these areas, available right here in Campbelltown.

### Top Tips for planning your 2024

We know that social connection and companionship is key to wellbeing. Does your New Year's Resolution need to consider how you are connected to others? Not sure what's right for you in 2024, and how to turn your resolution into action?

- Tell someone your thoughts. This can help you explore what's right for you, make you accountable and sharing your idea might provide you with support you need.
- Visit Council or the Library and pick up a Staying Active or Staying Connected guide (or visit [www.campbelltown.sa.gov.au/stayingguides](http://www.campbelltown.sa.gov.au/stayingguides)).
- Consider giving your time and energy to others by volunteering in our community. Visit [www.campbelltown.sa.gov.au/volunteer](http://www.campbelltown.sa.gov.au/volunteer) or contact Julie on 8366 9235.
- Visit the Campbelltown Library where you can obtain support in finding information, using computers or connecting to a local group.



## Paws with Friends

Studies increasingly show that pets bring meaning and purpose to people's lives and influence better health outcomes both mentally and physically. Safe Pets Safe Families believe all people should have access to the many benefits of the human animal bond.



Paws with Friends, a new program by Safe Pets Safe Families, are now working to provide meaningful support to older people and their companion animals.

Through conversations with their network, Safe Pets Safe Families found that some older people are concerned about having a pet, or concerned for the pet they already have.

**“What if I can't keep up with my pet's needs?”**

**“What if my pet outlives me?”**

**“I don't have anyone who could care for my pet if I'm not able to.”**

**“I don't want to burden anyone.”**



Paws with Friends envision a world with fewer limiting beliefs around pet guardianship. They want older people to feel confident in their decision to enjoy a companion animal and assured that there will be support at times of need.

If you need help with dog walking, vet care, vet transport, foster care, finding a pet suitable to your lifestyle, end of life planning, or something else, they are there to listen.

Friendly case managers will take the time to understand your needs as they are today and will remain a trustworthy point of contact should those needs change in future. Whether you look to the future or not, Paws with Friends will be there for you and your pet through life transitions.

Please send all enquiries and referrals to [pawswithfriends@safepetssafefamilies.org.au](mailto:pawswithfriends@safepetssafefamilies.org.au), or phone Paws with Friends Project Coordinator, Mimi Horne, on 0434 419 480.

The Paws with Friends project is supported by a Positive Ageing Fellowship Grant from Office for Ageing Well, SA Health.



## Intergenerational Initiatives in Campbelltown

Campbelltown is an intergenerational community, with residents across the age spectrum from newborn babies to more than a dozen centenarians, and everyone in between! Intergenerational Initiatives are more than just bringing younger and older people together. It is an approach that recognises and values the contribution of all generations, creating opportunities for positive and enjoyable connections between generations which are key to creating understanding of others.



Our society, community and family structures have changed drastically over the last few decades. In the past, intergenerational connection might have seemed more natural or easier, with families and people of different generations living in closer contact and knowing everyone in the street, both young and old.

Campbelltown City Council supports intergenerational projects and initiatives that bring people together for mutual benefit, connection and understanding and actively supports the community in these activities. Recently we celebrated some local partnerships that have formed, including a playgroup between Resthaven Paradise and North East Salvos, and regularly activity sessions between ACH Milpara and Il Nido Children's Centre by



creating some short videos that tell these stories. They celebrate the beautiful



connections that have formed and encourage other groups and individuals to connect with people from other generations in meaningful ways.

For more information about Intergenerational Initiatives and to view these videos, visit [www.campbelltown.sa.gov.au/intergenerational](http://www.campbelltown.sa.gov.au/intergenerational) or call Bianca on 8366 9272.

## Ageing Well Showcase in Review

Did you attend an Ageing Well Showcase event in November 2023?



The Showcase featured and celebrated the many ways that older people can come together to connect, socialise, stay fit and get involved in meaningful activities through social and community groups, service providers and at Council facilities. The Showcase provided an opportunity to share information and provide opportunities to connect older people to each other, seek information and try something new.

We know that participation, physical and social activities, and meaningful connections help provide a sense of purpose and reduce the risk of cognitive decline, loneliness and poor mental health. Exercise activities promote physical vitality, improve cardiovascular health and maintain muscle strength, enhancing mobility and independence.



The Ageing Well Expo featured stalls and presentations from community groups, service providers, government and advocacy organisations, aged care providers, and more than 200 people attended the event. This was followed by a month-long Program of Activities where both Council and Community Groups held a range of interest, activity, outdoor and exercise

activities for people to 'Come and Try'. Community groups, fitness groups, service clubs, service providers, local businesses, aged care providers, churches, elected members, staff and volunteers were involved and more than 150 people attend these activities over the four week period.

The final celebration event was attended by 160 people, with refreshments served by the Rotary Club of Campbelltown, and 16 year-8 students from St Ignatius College providing coffee and lunch service to attendees. What a great intergenerational initiative!

While the Showcase has now concluded, ageing well doesn't stop here.

Visit [www.campbelltown.sa.gov.au/ageingwell](http://www.campbelltown.sa.gov.au/ageingwell) or contact Bianca on 8366 9272 for information and ways to connect, socialise, stay fit and be supported to age well, the way you want.





# What's on at CAMPBELLTOWN Library

Where indicated, event bookings are required and can be done through eventbrite

For any enquiries please contact the library on 8366 9299 or [library@campbelltown.sa.gov.au](mailto:library@campbelltown.sa.gov.au)

## MAKERSPACE

### Introduction to Cricut –

#### Heat Transfer Vinyl Tote Bags & T-Shirts

**Tuesday 9 & 16 January | 6pm-7.45pm**

Library Makerspace

Adults | \$10 + Booking Fee includes 2 sessions  
& all materials | Bookings essential

### Learn Embroidery – Heart Design

**Saturday 13 January | 10am-1pm**

Library Makerspace

Adults | \$30 + Booking Fee includes 2 session  
& all materials | Bookings essential.

### Introduction to 3D Printing

**Tuesday 23 January | 6pm-7.45pm**

Library Makerspace

Adults | \$5 + Booking Fee | Bookings  
essential.

### What is WiFi?

The activities in this course will tell you how  
get Wi-Fi in your home, which devices can use  
it, and how to connect.

**When:** Tuesday 5 March, 10am-12pm

**Where:** Library IT Suite

Adult | Free | Bookings Essential

### Setting up and using e-mail

You will learn how free email works, how  
to set up and manage your email accounts.

**When:** Tuesday 12 March, 10am-12pm

**Where:** Library IT Suite

Adult | Free | Bookings Essential

### Researching & Booking Travel Online

This exciting topic shows you everything  
you need to know about safely researching  
and booking travel online.

**When:** Starts Tues 19 Mar (2 consecutive  
weeks), 10am-12pm

**Where:** Library IT Suite

Adult | Free | Bookings Essential

### Learn your Library Apps

Want to learn how to use the Apps  
available with your library membership?  
These 1-hour sessions will give you an  
overview of how to use these Apps and get  
you started. Please bring your library  
membership & smart device on the day.

**27 Jan Sat** 12:30pm-1:30pm LinkedIn  
Learning (Learn a new skill)

**10 Feb Sat** 12:30pm-1:30pm Transparent  
Language Online (Learn a new language)

**24 Feb Sat** 12:30pm-1:30pm Libby (Learn  
to use eBooks & Audio Books)

**23 Mar Sat** 12:30pm-1:30pm BorrowBox  
(Learn to use eBooks & Audio Books)

**Bookings: [www.campbelltownlibrary.eventbrite.com](http://www.campbelltownlibrary.eventbrite.com)**

Where indicated, event bookings are required and can be done through eventbrite

For any enquiries please contact the library on 8366 9299 or [library@campbelltown.sa.gov.au](mailto:library@campbelltown.sa.gov.au)

## ADULT EVENTS

### Adult Craft Afternoon

Join us for craft at the library! This is suitable for ages 16+ only.

**When:** Wednesday 17 January | 3pm-4.30pm

**Where:** Library Makerspace  
Adults | \$25 + Booking Fee includes 2 session & all materials | Bookings Essential

### Safe Passwords Online

Today is 'Safer Internet Day', so in this class you'll learn what makes for a strong and secure password.

**When:** Tuesday 6 February, 10am-12pm

**Where:** Library IT Suite  
Adult | Free | Bookings Essential

### Avoiding Scams

We have all learnt to cross the road safely, and being safe online is similar; we are careful, we go slowly, and we check for danger. Learn how to protect yourself and avoid scams.

**When:** Tuesday 13 February, 10am-12pm

**Where:** Library IT Suite  
Adult | Free | Bookings Essential

### Computer Basics

We will teach you the basic functions of a computer, keyboard, and mouse. We will help you sign-up with Be Connected and do some digital skills tests.

**When:** Starts Tues 20 Feb (2 consecutive weeks), 10am-12pm

**Where:** Library IT Suite Adult | Free | Bookings Essential

## TECH AT NIGHT

### Introduction to A.I.

Get an introduction to A.I. and try some A.I. tools! Some of the AI tools will require that you sign-up for their free service so you will need to have access to your email account to verify your sign-up.

**When:** Tuesday 13 February, 6pm-7:45pm

**Where:** Library IT Suite  
Adult | Free | Bookings Essential

### Introduction to Canva

Canva is an online design and publishing tool with a mission to empower everyone in the world to design anything and publish anywhere.

**When:** Starts Tues 20 Feb (3 consecutive weeks), 6pm-7:45pm

**Where:** Library IT Suite  
Adult | Free | Bookings Essential

## Santos Tour Down Under

The stage is set for 2024 Santos Tour Down Under! All eyes will be on Campbelltown City Council as we host the race finish for the Women's Stage 1 and Men's Stage 3 events.

The Women's Stage 1, 93.9 kilometre race will take place on 12 January 2024. The event will begin at Hahndorf, racing through Echunga, Balhannah, Woodside and Lobethal before making their way down Gorge Rd towards the finish line beside Campbelltown's Foxfield Oval.

The Men's Stage 3, 145.3 kilometre race will take place on 18 January 2024, starting in Tea Tree Gully and travelling into the Barossa before heading down Gorge Rd. All the action will unfold on Gorge Road, where technical prowess and tenacity are set to be out in force.

To ensure this is a safe and successful event, road closures, detours, speed and parking restrictions will be in place. Details will be released closer to the event.

**FREE**  
COMMUNITY EVENT

**GEAR UP** at  
CAMPBELLTOWN 

**SANTOS**  
**TOUR DOWN UNDER**

### ***Santos Tour Down Under: Ziptrak Women's Stage 1 Finish***

*Friday 12 January 2024 11:30am - 2:30pm*

*Foxfield Oval, Maryvale Road, Athelstone*

*Come and enjoy a family day out! A free community event will be held at Foxfield Oval to celebrate the Ziptrak Women's Stage 1 Finish of the 2024 Santos Tour Down Under!*

*Come and enjoy free children's activities and entertainment before watching the peloton cross the finish line.*

*Food and drinks available for purchase.*

### ***Santos Tour Down Under: Health Partners Men's Stage 3 Finish***

*Thursday 18 January 2024 12:30 - 3:30pm*

*Gorge Road (near Hamilton Terrace), Athelstone*

*Campbelltown are excited to be hosting the Health Partners Men's Stage 3 Finish of the 2024 Santos Tour Down Under.*

*Watch the race on the big screen and enjoy roving entertainment before cheering the peloton across the finish line.*

*Food and drink available for purchase.*



# Connect Lounge

## Do you or someone you care about have dementia?

Join us for a morning of coffee and connection in a safe and non-judgemental environment. This is an opportunity for people to meet others and create a network and friendship with others impacted by dementia, in a relaxed social setting.

### When:

- Thursday 29<sup>th</sup> February 11:00am – 12:00pm
- Thursday 21<sup>st</sup> March 11:00am – 12:00pm
- Thursday 18<sup>th</sup> April 11:00am – 12:00pm

### Where:

Campbelltown Library 171 Montacute Road, Newton SA 5074  
(Corner Montacute Road and Anderson Court)

**Cost:** Free

**Contact:** [mail@campbelltown.sa.gov.au](mailto:mail@campbelltown.sa.gov.au) or 8366 9222  
(Bookings not essential but encouraged)

This is an initiative of the Rotary Club of Morialta with the support of  
Campbelltown City Council

**Rotary**  
Morialta



MAGILL LUTHERAN FLORAL ART GROUP  
Invite you to join them for an

## *Introduction to Floral Art*

We meet on the first Monday of the month

7:30-9:30pm

21 Edward St Magill

Notes provided

BYO flowers

Cost \$4 per meeting

Enquires to

0409 699 023

## Adelaide Festival 1 -17 March 2024

2024 Festival time is fast approaching! There are many exciting events to see and do.

If you search through there are some great FREE events and low cost opportunities.

### Open House Program

From world-class theatre to thrilling dance, incredible music and unmissable opera, Adelaide Festival is committed to being equitable and inclusive.

The Festival believes that engaging with the arts can have a deep and meaningful impact on people's lives. The Open House program supports individuals and charitable organisations to experience the arts at Adelaide Festival and aims to make these experiences more accessible to everyone. The program is made possible with the generous support of The Balnaves Foundation.

### Tix For Next To Nix

Adelaide Festival is offering limited tickets across a selection of Festival events at just \$5 each to not-for-profit organisations, charities, and patrons who have a current Pension Card or Health Care Card. (Please note: The Commonwealth Senior Health and Seniors Cards are ineligible.) For more information or to register interest in Tix For Next To Nix, please visit [adelaidefestival.com.au/open-house](http://adelaidefestival.com.au/open-house).

### Pay What You Can

Are you a low-income earner? If you have a current Health Care Card, Pension Card or full-time student card, you can access Pay What You Can tickets to a selection of Adelaide Festival shows. (Please note: The Commonwealth Senior Health and Seniors Cards are ineligible.) Tickets are available one hour before the performances. Dates and times will be confirmed on the Festival website from 26 January.



# Adelaide Fringe 16 February - 17 March 2024

The 2024 Adelaide Fringe season commences on 16 February 2024 for a month of arts, culture and entertainment. For information about all show and tickets visit <https://adelaidefringe.com.au/>



## Local Events

### 'Rhapsody in Chicago Blues'

Pianist Tim Barton returns to Campbelltown Library with a new FRINGE Show. Join us for ragtime, classical, jazz and good Chicago blues.

Campbelltown Library  
Sunday 3 March 2024 3-4pm.



### Outrageous

Inspiring thought provoking emotion and inducing wonder. The unusual art exhibits the bizarre and controversial to the weird and whimsical. 'Outrageous' will grab your attention with curious content. Over 40 local artists take part in this Campbelltown ArtHouse art group exhibition.



Brookside Cellars Community Arts Centre

Sunday 18 February: 2:00pm  
Thursday 22 February: 10:00am  
Saturday 24 - Sunday 25 February: 12:00pm  
Thursday 29 February: 10:00am  
Saturday 02 - Sunday 03 March: 12:00pm

Thursday 07 March: 10:00am  
Saturday 09 - Sunday 10 March: 12:00pm  
Thursday 14 March: 10:00am  
Saturday 16 March: 12:00pm

Campbelltown City Council  
**Moonlight Markets**  
at Thorndon Park  
Friday nights 5.30pm-9.30pm  
**2 Feb 2024 1 Mar 2024**  
[www.campbelltown.sa.gov.au/markets](http://www.campbelltown.sa.gov.au/markets)

PARADISE MAZDA  
The Mazda People

GLYNDE MITRE 10

CAMPBELLTOWN CITY COUNCIL



## What's on in Campbelltown

JANUARY 2024		
Wed 10	Community Connections Café	Campbelltown Memorial Oval
Wed 24	10:30am - 1pm	
Thurs 12	Santos Tour Down Under: Ziptrak Women's Stage 1 Finish 11:30am - 2:30pm	Foxfield Oval Maryvale Road Athelstone
Sun 14	Repair Cafe 9:30am - 2pm	Campbelltown Memorial Oval
Thurs 18	Santos Tour Down Under: Health Partners Men's Stage 3 Finish 12:30pm - 3:30pm	Gorge Road, Athelstone
Fri 26	Celebrate Australia Day 11am - 1pm	Campbelltown City Council Lawn, Montacute Road
Sun 28	Paradise Recreation Plaza Official Opening 11:30am - 12pm	Paradise Recreation Plaza, Darley Road, Paradise
FEBRUARY 2024		
Fri 2	Moonlight Markets 5:30 - 9:30pm	Thorndon Park, Paradise
Sun 4	Lochend House Open Day 2 - 4pm	Lochend Drive, Campbelltown
Sun 11	Magill Sunrise Market and Repair Cafe 9am - 2pm	Campbelltown Memorial Oval
Wed 14	Community Connections Café	Campbelltown Memorial Oval
Wed 28	10:30am - 1pm	
Thurs 15	Café Connect	Clay Cup Café, Rostrevor
Thurs 29	12 - 2pm	Baptist Church
Thurs 29	Connect Lounge 11am - 12pm	Campbelltown Public Library
Various	Outrageous - Fringe Exhibition See page 11 for details	Brookside Cellars Community Arts Centre

**For more information on Ageing Well in Campbelltown or to subscribe to an email version of this newsletter**

**email [bconnelly@campbelltown.sa.gov.au](mailto:bconnelly@campbelltown.sa.gov.au), call 8366 9272, visit**

**[www.campbelltown.sa.gov.au/ageingwell](http://www.campbelltown.sa.gov.au/ageingwell)**