

Are you over 65 & living in the City of Unley?

Now could be the time to...

Get more by giving back

Try something new

Be active in your own way

Be supported to live your best life

Nurture new connections

Are you content with your friendships and relationships? Are you connected to your local community? Are there people you feel comfortable asking for help?

At every age and stage of life we can enrich our lives by making more connection to friends, family and our community. Here are some ways to make a start today:

TRY SOMETHING NEW

The City of Unley has ways to keep learning for everyone. Browse our events, programs and activities available at:

- Unley Community Centre
- Fullarton Community Centre
- Goodwood Community Centre
- Clarence Park Community Centre
- Unley and Goodwood Libraries
- Reboot digital learning
- Unley Museum

GET MORE BY GIVING BACK

Consider volunteering in your local community. The City of Unley values volunteers and there are many different ways to be involved:

- Look at opportunities on our website
- Contact our Volunteer Co-ordinator

BE SUPPORTED TO LIVE YOUR BEST LIFE

Find out about our services and support programs that can assist you to remain independent and achieve what you want:

- Senior Services and Support
- Wellbeing and Social Programs

BE ACTIVE IN YOUR OWN WAY

Keeping active helps physical and mental wellbeing, and we can help. Useful information can be found through:

- Daily Moves Program
- Unley Swim Centre
- On our website to find parks, reserves, walking and cycling trails around Unley

NURTURE NEW CONNECTIONS

Feeling connected to other people and to a community contributes to our health and wellbeing. To find a way that suits you, we suggest:

- Browse the free program brochures available from the Civic centre
- Look at our events online
- Consider if Unley's Community Transport options can help you stay connected

Start today by giving us a call on 8372 5111 or visiting our website www.unley.sa.gov.au

