

# ZEST for LIFE

CELEBRATING  
POSITIVE  
AGEING

5-18  
AUGUST



[www.npsp.sa.gov.au/zestforlife](http://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](http://www.npsp.sa.gov.au/zestforlife), or email [events@npsp.sa.gov.au](mailto:events@npsp.sa.gov.au)

**Bookings essential for all events.**



# COME & TRY

## PAINTING

Join us for a creative workshop and experiment with the wonderful medium of watercolour.

Learn and explore basic techniques such as colour mixing, painting wet-on-wet and layering to create your own vibrant abstract artwork to take home.

Suitable for beginners as well as those who have used watercolours before.

**Date:** Thursday 8 August

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**Time:** 10.30am–12.00noon

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

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**Cost:** \$5

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**Date:** Saturday 10 August

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**Time:** 1.30pm–3.30pm

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

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**Cost:** \$5

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## MOVE TO THRIVE

Is your body holding you back from doing the things you love most? At Physio Smart, age is just a number. Our passionate and knowledgeable team of Exercise Physiologists are dedicated to helping you thrive at any age.

Let us guide you towards a more vibrant, active, and fulfilling future. Embrace the journey to longevity with Physio Smart.

During this inspiring workshop, you'll learn:

- how strength and mobility training can improve your health and vitality;
- the life-changing power of targeted exercises to address your unique health concerns; and
- simple yet effective ways to incorporate healthy movement into your everyday life.

**Date:** Tuesday 13 August

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**Time:** 11.00am–12.00noon

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**Venue:** Physio Smart, 296 Payneham Road,  
Payneham

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**Cost:** \$5

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## BOCCE

The game and sport of bocce has survived the ages. Discover its history and learn how to play with the oldest regional Italian Club in Adelaide, Fogolar Furlan.

Followed by a light lunch served in their cozy, family-friendly osteria atmosphere.

**Date:** Thursday 15 August

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**Time:** 10.30am–1.00pm

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**Venue:** Fogolar Furlan, 69 Briar Road, Felixstow

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**Cost:** \$15

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## BAKING CLASS

Indulge your sweet tooth and elevate your baking game with a hands-on experience, where you'll learn to craft mouthwatering Linzer cookies, carrot cake and heavenly apple pie.

Get ready to unleash your inner pastry chef and savour the satisfaction of creating delicious treats from scratch!

**Date:** Saturday 17 August

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**Time:** 2.30pm–4.30pm

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**Venue:** Norwood Commercial Kitchen,  
59 Queen Street, Norwood

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**Cost:** \$10

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# SEMINARS & WORKSHOPS

## PLANNING FOR AGED CARE

The aged care system can be complex with myths and misunderstandings abound.

To sort out fact from fiction, invest some time attending this seminar to find out:

- what aged care services are available;
- the real costs of residential aged care;
- what payment options are available; and
- why it is so important to plan ahead.

**Date:** Monday 5 August

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**Time:** 3.30pm–5.00pm

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**Venue:** Payneham Library, 2 Turner Street,  
Felixstow

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**Cost:** Free

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## BEGINNER'S GUIDE TO INDOOR PLANTS

Learn special tricks about keeping your indoor jungle thriving. Horticulturalist, Emma, from Garden Grit will teach you everything you need to know to keep your plants alive.

Topics from soil, correct light, watering methods and more.

**Date:** Thursday 8 August

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**Time:** 10.00am–11.30am

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**Venue:** Payneham Library, 2 Turner Street, Felixstow

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**Cost:** Free

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## NURTURING YOUR GUT HEALTH

We're exploring the amazing world of the gut microbiome and how it affects our overall wellness.

Delve into the importance of maintaining a healthy gut microbiome, exploring the role of probiotics, prebiotics and the importance of diet.

**Date:** Thursday 8 August

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**Time:** 2.00pm–3.30pm

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**Venue:** Payneham Library, 2 Turner Street, Felixstow

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**Cost:** Free

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## FACE DEMENTIA

An estimated 23,000 people in Adelaide live with dementia but around half are still not diagnosed. Diagnosis is essential to access treatments, rehabilitation, therapies and supports.

The Face Dementia campaign is running in Adelaide until October 2024 as part of a research project conducted by Flinders University and six other Australian universities.

Reduce the dementia related stigma and improve timely diagnosis by increasing your awareness of dementia symptoms and changes.

**Date:** Monday 12 August

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**Time:** 3.00pm–4.00pm

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**Venue:** Payneham Library, 2 Turner Street,  
Felixstow

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**Cost:** Free

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## BEYOND 50 – YOUR BEST YEARS WITH JUDY MYERS

Let's challenge the idea that our best times are in the past. Beyond 50, there's so much waiting for us.

It's just not about embracing change, it's about stepping outside our comfort zone, finally doing the things we've always wanted and using our greatest asset—wisdom!

**Date:** Tuesday 13 August

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**Time:** 10.30am–12.00noon

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

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**Cost:** Free

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## AGATHA CHRISTIE – HER LIFE

In this light-hearted and well-illustrated talk, local author David Kilner discusses the world's favourite crime writer and her fascinating life - her upbringing, her tragic first marriage, her successful second marriage, her family, her character, her travels and a little on her books.

**Date:** Thursday 15 August

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**Time:** 2.00pm–3.00pm

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**Venue:** Payneham Library, 2 Turner Street,  
Felixstow

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**Cost:** Free

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# TOURS

## MARY MACKILLOP MUSEUM

The Mary MacKillop Museum is a 3-time winner of the Eastside Business Awards, Best Arts & Culture/Entertainment Experience.

During your visit to the Museum, you will learn more about this former Kensington resident, the pioneering Sisters of St Joseph, and their trailblazing work in education and social reform, through interactive displays and storytelling. The Museum engages and inspires the young, and the young at heart.

Following your visit, enjoy refreshments at High Street Café, conveniently located right next door.

**Date:** Tuesday 6 August

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**Time:** 9.30am–11.00am

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**Venue:** Mary MacKillop Museum,  
19 Phillips Street, Kensington

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**Cost:** \$5

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## BEAUMONT HOUSE

Beaumont House is a State Heritage listed property built in 1849 and all its treasure await your visit. The property was bequeathed to the National Trust in 1970 by the Brock's.

Enjoy a tour of the house, beautiful gardens and olive grove followed by refreshments on the veranda, overlooking the city.

**Date:** Thursday 8 August

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**Time:** 9.15am (bus to leave at 9.30am)

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**Venue:** Please meet the bus at the Council Depot, 30 Davis Rd, Glynde

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**Cost:** \$20

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## KARKOO NURSERY

Meet and greet the owner Jane on arrival. Karkoo was established by Jane and Peter Rowat over 20 years ago as a wholesale garden centre in Mount George, which is still in operation today.

A lot of the plants you'll find in store are sustainably grown by them, using recycled pots and none of the harsh chemicals widely used in the industry.

The Oakbank store spans across three acres filled with plants, pots, garden art, antique finds, a clothing boutique and home/gift store set amongst beautiful historic buildings.

**Date:** Thursday 15 August

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**Time:** 9.45am (bus to leave at 10.00am)

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**Venue:** Please meet the bus at the Council Depot, 30 Davis Rd, Glynde

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

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## OP SHOPS

Op shops 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 local op shops to bag a bargain and support those who are most in need.

**Date:** Friday 16 August

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**Time:** 9.30am (bus to leave at 9.45am)

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

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**Cost:** \$5

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# ENTERTAINMENT

## IN CONCERT

Your annual concert is back! Soak up the musical talents of the Royal Australian Navy Band South Australia and enjoy a light afternoon tea.

The Royal Australian Navy Band is a dynamic ensemble that specialises in performing jazz and big band music. Comprising talented musicians from around Australia, the big band demonstrates the versatility and skill of its instrumentalists and vocalists while performing repertoire from traditional swing and classic big band charts to contemporary jazz and popular music arrangements.

**Date:** Sunday 11 August

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**Time:** 2.00pm–3.30pm

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**Venue:** Norwood Concert Hall, 175 The Parade, Norwood (enter from George Street)

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**Cost:** \$10

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## MOVIES AT THE LIBRARY

### **Casablanca (1942)**

(Rated PG, 143 minutes)

Casablanca: easy to enter, but much harder to leave, especially if you're wanted by the Nazis.

Such a man is Resistance leader Victor Laszlo (Paul Henreid), whose only hope is Rick Blaine (Humphrey Bogart in one of his most memorable roles), a cynical American who sticks his neck out for no one - especially Victor's wife, Ilsa (Ingrid Bergman), the ex-lover who broke his heart.

Winner of three Academy Awards including 'Best Picture', Casablanca remains one of Hollywood's greatest treasures 71 years after it first lit up the screen.

**Date:** Wednesday 7 August

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**Time:** 2.00pm (doors open at 1.50pm)

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**Venue:** Payneham Library, 2 Turner Street,  
Felixstow

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**Cost:** Free

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### **Wicked Little Letters (2023)**

(Rated MA15+, 100 minutes)

When deeply conservative English local Edith Swan and fellow residents begin to receive wicked letters full of unintentionally hilarious profanities, her rowdy, foul-mouthed, Irish migrant neighbour Rose Gooding is charged with the crime.

**Date:** Wednesday 14 August

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**Time:** 2.00pm (doors open at 1.50pm)

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**Venue:** Payneham Library, 2 Turner Street,  
Felixstow

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**Cost:** Free

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# TASTINGS

## WINE & GIN TASTING

Join us at the hidden gem—Ferg's Stepney—for an exclusive tasting experience like no other! Embark on a captivating journey through the exquisite offerings of Massey Wine & Gin guided by the knowledgeable creator.

As you sip and savour each handcrafted pour, tantalise your palate with complementary snacks provided to complement the tasting experience.

**Date:** Friday 9 August

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**Time:** 4.00pm–5.30pm

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**Venue:** Ferg's Stepney, 8 Union Street, Stepney

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**Cost:** \$10

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## BEER TASTING

Indulge your senses and dive into the world of craft beer at Little Bang Brewing! Join us for an unforgettable afternoon of beer tasting and exploration as you craft your own tasting paddle from their impressive selection of 22 tap beers.

As you sip and savour the handcrafted brews, tantalise your taste buds with complementary snacks provided to enhance your tasting experience.

**Date:** Friday 16 August

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**Time:** 4.30pm–5.30pm

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**Venue:** Little Bang Brewing, 25 Henry Street, Stepney

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**Cost:** \$10

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