

# CITY GRAPEVINE

Adelaide. Bold. Aspirational. Innovative.

WINTER 2025

**Grab a  
Grapevine**

**Qigong**

**Heart to Heart**

**Croquet**

**Firstival**

**Living Story**

**Walk and Talk**

**Warming  
Minestrone**




## ACKNOWLEDGEMENT OF COUNTRY

City of Adelaide acknowledges Kurna people of the Adelaide Plains as the traditional custodians of the land on which this publication was created.



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(08) 8203 7203



## WELCOME TO THE WINTER EDITION OF THE GRAPEVINE

Winter is a time when our city truly sparkles, quite literally, with the return of Illuminate Adelaide, lighting up our streets with creativity and colour.

As you'll see in this edition of City Grapevine, winter is anything but quiet in the City of Adelaide.

Whether it's warming the body with gentle movement or making new friends by having a good chin wag, there are plenty of reasons to stay active and engaged this season.

If you're looking to boost your energy and reduce stress, our new Qigong classes with Senior Instructor Sara Divine might be just the thing, offering a mindful and accessible way to stay well through winter.

Or, if a good conversation is what you're after, come along to a Heart-to-Heart Sharing Circle and enjoy meaningful chats with people in a warm and welcoming space.

You might also consider trying something new with the South Terrace Croquet Club, an activity that's great for the body and mind and open to all newcomers.

No matter how you like to spend the colder months, I hope you find something that sparks joy and connection right here in your city.

**Dr Jane Lomax-Smith,  
Lord Mayor**



# Grab the Grapevine



## Welcome to the Winter Edition of City Grapevine

The City Grapevine newsletter has been a favourite for many residents over the years. It has been delivered to the homes and in-boxes of people who take part in the Commonwealth Home Support Programme (CHSP).

This newsletter is a great way to share information about activities and programs that support healthy ageing. We're pleased to let you know that City Grapevine will continue to be sent out every three months – one for each season. We hope you enjoy this winter edition and take a look at the events coming up.

The CHSP program came to an end on 30 June 2025 and a new Ageing Well program launched on 1 July 2025. This new program offers fresh opportunities to stay active, meet others, and enjoy life in the city.

You can now read City Grapevine online or get it by email. If you would prefer a paper copy, you can ask for one to be sent to you – but please note that printed copies are limited.

To receive the newsletter:

Visit: [customer.cityofadelaide.com.au/forms/register-for-the-grapevine](https://customer.cityofadelaide.com.au/forms/register-for-the-grapevine)

Or email us at:

[ageingwell@cityofadelaide.com.au](mailto:ageingwell@cityofadelaide.com.au)

We'd love to keep in touch with you!

## LOCAL ACTIVITIES

# Qigong for Inner Peace and Power

Are you looking for a gentle yet powerful way to boost your energy, improve your mobility, and reduce stress? Join Senior White Tiger Qigong Instructor, Sara Divine for a journey into enhanced wellbeing.



In this flow style class similar to tai chi, you will learn dynamic movements, rhythmic breathing techniques, and meditative exercises that can be integrated into daily life - perfect for all ages and abilities. This event is sponsored by the City of Adelaide to provide accessible and affordable wellbeing activities for the community. Book multiple pass packages for further savings.

Your first class is FREE, use code: FIRSTSESSIONFREE when booking.

<b>Host:</b>	Sara Divine
<b>When:</b>	Tuesday every week
<b>Time:</b>	7:30 am to 8:15 am
<b>Where:</b>	The Box Factory Community Centre, 59 Regent Street South, Adelaide SA 5000
<b>Cost:</b>	First class free

For more information visit  
[sarahdivineqigong.com](http://sarahdivineqigong.com)  
or phone Sarah on **0422 309 625**.



# Are you interested in meeting new people?

Come and join us for a FREE and fun Heart-to-Heart Sharing Circle, where you will join a small group to share your thoughts based on four themes: Emotions, Love, Experiences and Imagination

The program uses prompt cards to encourage discussion. This event is suitable for all seeking friendships and connections from a variety of cultures in a safe and welcoming space. Laughter is guaranteed in this light-hearted activity. Light food will be served during a fifteen-minute break. We look forward to seeing you there!

**Bookings essential for catering purposes.**

Scan the QR code or register your interest at [eventbrite.com.au/e/1372156580269?aff=oddtcreator](https://eventbrite.com.au/e/1372156580269?aff=oddtcreator)



**Host:** Heart to Heart  
**When:** Last Saturday of the month  
**Time:** 1:00 pm to 3:15 pm  
**Where:** Minor Works Building Community Centre,  
22 Stamford Court, Adelaide  
**Cost:** Free

Past participants have said, "The event was well run and the host was warm and friendly which made for a relaxed and fun activity. Using the cards as part of the process to connect with people was great and really removed boundaries that would normally be in place whilst meeting new people. It was wonderful listening to people from different parts of the world sharing similar experiences and thoughts! Fantastic event, highly recommended".





# South Terrace Croquet Club

**NEW  
MEMBERS  
WELCOME**

The South Terrace Croquet Club provides good all-round exercise for the body and mind. New players are always welcome and must register before attending to come and play.

**Where:** South Terrace Croquet Club,  
Beaumont Road, Adelaide  
(extension of East Terrace)

**Cost:** Free (Come and Try)

Times and dates are provided on registration.

**What to bring? All equipment  
supplied – please wear flat shoes.**

Croquet is an alternative to other ball sports (can take only a couple of hours of your day) and it's an excellent way to exercise the body and mind, played by men and women as equals. Strength has no advantage in this game of skill and tactics. It can be as competitive or as social as you want it to be and is just good fun!

Come along and enjoy a game of croquet, set amongst the beautiful parklands of South Terrace.

**For more information and to register your  
interest, phone Suzy on 0419 837 330  
or Paul on 0449 019 505.**



# Discover something new this July with **Firstival**

Libraries across South Australia are celebrating the third annual Firstival this July – a month-long 'Festival of Firsts' encouraging people to try something new. With over 130 venues participating, expect everything from sour dough and pizza workshops to belly dancing, kombucha making, Qigong, escape rooms and more.

At Adelaide City Libraries, Firstival activities include fun for kids during the school holidays and engaging experiences for lifelong learners. At Adelaide City Libraries, Firstival activities include fun for kids during the school holidays and engaging experiences for lifelong learners. Join a Philosophy Café discussion led by Dr. Alistair Ping on 'Why Do Good People Do Bad Things?', or get hands on with our Embroiders Assemble group. There's something for everyone

And it doesn't stop in July. Our libraries offer free programs year-round – learn family history with a volunteer, boost your digital skills, explore 3D printing in the Innovation Lab, or simply drop in

for a chat with our staff to discover what connections in the community are waiting for you.

## **Upcoming Highlights at City Library:**

- Philosophy Café: Friday 25 July, 6:00 pm to 7:00 pm
- Embroiders Assemble: Last Tuesday monthly, 11:30 am to 2:00 pm
- Cuppa and Connect: Third Friday monthly, 10:30 am to 11:30 am
- Digital Hub 1x1s: Various times at City, Hutt Street & North Adelaide Libraries
- Family History Research: Thursday afternoons at City & North Adelaide Libraries
- Innovation Lab: Open Monday to Wednesday, Friday and Sunday, various times

Discover more free programs and subscribe to our POP newsletter at [cityofadelaide.com.au/community/library-services](https://cityofadelaide.com.au/community/library-services) or phone **(08) 8203 7990**



# LIVING STORY

## Everyone has a story and we would love to hear yours.

Do you have a favourite photograph of yourself in Adelaide – perhaps relaxing in the beautiful Park Lands, walking along the River Torrens, or enjoying a special moment in a place that holds meaning for you? Maybe you have a treasured old photo of a loved one who also had a deep connection to this city.

Photographs capture so much more than a moment in time – they bring back memories, feelings, and stories worth sharing. We're inviting you to look through your photo albums, revisit those special memories, and consider sharing a photo and story with us.

Your contribution might even be featured in a special 2026 calendar – a keepsake to share with family and friends.

Don't worry – we'll handle your photographs with care and return them safely to you.

We look forward to hearing your story.

**Register your interest by emailing [ageingwell@cityofadelaide.com.au](mailto:ageingwell@cityofadelaide.com.au) or phone (08) 8203 7203 and speak to Sadie, Coordinator Ageing Well.**



## Art and Craft at Minor Works

Do you have an art or craft project on the go and would like to spend time with others in the community? Or perhaps you have an art project that needs a regular creative catchup to motivate you to finish.

The Art and Craft group at Minor Works is looking for new members, and anyone is welcome. Bring along your project and enjoy the friendly atmosphere and have a cuppa too!

<b>Host:</b>	Arts and Craft Group
<b>When:</b>	Wednesday (weekly)
<b>Time:</b>	10:00 am to 12 noon
<b>Where:</b>	Minor Works Building Community Centre, 22 Stamford Court, Adelaide
<b>Cost:</b>	Free

Our regular member, Simon, enjoys coming to Minor Works on a regular basis and says, "I like talking to people and it's nice to chat and enjoy a coffee and biscuits while we talk, draw, embroider. We work on our own projects which is nice".

New members of any skill level are always welcome. Bring along an art or craft project that you're working on and enjoy the friendly atmosphere.

No need to book – just come along.

Phone the Minor Works Building Community Centre on **(08) 8203 7801** for more information.



# Walk and Talk

## Walking Group

The **Walk and Talk** walking group launched in June 2025 and men, women, and people of all ages are invited to join for a leisurely one-hour walk every Tuesday at 1:00pm leaving from the Minor Works Building Community Centre.

The walk is perfect for anyone who wants to get some fresh air, meet new people, or escape the everyday grind. After the walk, we gather at the centre for a relaxed cup of coffee, a biscuit and conversation.

Simply show up, bring your walking shoes and join the conversation – there's no need to make a reservation. Connect with community, feel good and stay active.

**When:** Tuesday (weekly)

**Time:** 1:00 pm to 2:30 pm

**Where:** Minor Works Building Community Centre, 22 Stamford Court, Adelaide

**Cost:** Free – just bring your energy and a smile!



Supported by Good Better Best Men (but this is for everyone!).

## The SA Music Hall of Fame Exhibition

**From Tuesday 1 July 2025 to  
Wednesday 1 July 2026\***

Adelaide is a city with music as its heartbeat – home to thriving independent artists, iconic venues, and a dynamic industry. Internationally renowned for its festivals and music institutions, music is central to South Australia's identity and economy. Presented by the City of Adelaide across two levels of Adelaide Town Hall, this exhibition celebrates Adelaide's 10-year milestone as Australia's only UNESCO City of Music in 2025.

Explore rare memorabilia from the collection of radio legend David 'Daisy' Day, archival material from the State Library of South Australia, vintage guitars, historic sound equipment, gig photography, and honour boards featuring icons like Cold Chisel, The Angels, No Fixed Address,

the Adelaide Symphony Orchestra and more. Curated playlists and the **Adelaide: Your Guide to our City of Music map** help bring these stories to life through sound and place. From rock and pop to community radio and classical innovation – this is the soundtrack of South Australia.

\*At times, the exhibition may be inaccessible due to events. Contact Adelaide Town Hall on **(08) 8203 7590** before visiting to avoid disappointment. Exhibition Contact: [culture@cityofadelaide.com.au](mailto:culture@cityofadelaide.com.au)



# Resources

## **Advanced Care Directive (ACD)**

Advance care directive | Australian Government Department of Health and Aged Care

## **Ageing Australia**

[ageingaustralia.asn.au](http://ageingaustralia.asn.au)

## **National Seniors Australia (Positive Ageing)**

[nationalseniors.com.au/news/lifestyle/the-power-of-positive-ageing](http://nationalseniors.com.au/news/lifestyle/the-power-of-positive-ageing)

## **Catalyst Foundation**

[catalystfoundation.com.au](http://catalystfoundation.com.au)

## **SA Community (search for a list of activities near you)**

[sacommunity.org](http://sacommunity.org)





# Winter Warmer Recipe

## Who doesn't love a hearty soup in the colder months of winter?

Soups are a staple of the winter menu and there are so many different creations that can be made, enjoyed, or frozen for later. Add a nice crusty roll or a slice of sour dough bread and voilà, you have a tasty meal.

Here's a favourite winter recipe of Minestrone Soup courtesy of Diabetes Australia at: [diabetesaustralia.com.au/recipe/minestrone-soup-with-vegetables](http://diabetesaustralia.com.au/recipe/minestrone-soup-with-vegetables)



### Ingredients

1 tablespoon olive oil  
1 onion, finely chopped  
1 clove garlic, finely chopped  
2 celery stalks, finely chopped  
1 carrot, finely chopped  
1 zucchini, chopped  
½ cup mushrooms, chopped  
½ cup sweet potato, chopped  
½ cup green beans, chopped  
Handful baby spinach, chopped  
2 x 400g can chopped tomatoes (salt reduced)  
1 x 400g can cannellini beans  
1 cup macaroni (or fun shaped pasta)  
500mL salt reduced vegetable stock  
1L water  
Pepper, to taste  
30g parmesan cheese

### Method

1. Heat oil in a large saucepan on medium heat. Add the onion, garlic, celery, carrot, mushrooms and sweet potato and sauté fry for 5–10 minutes or until the vegetables have softened without colouring.
2. Add the tomatoes, stock and water and bring to the boil. Add the macaroni, zucchini and green beans and cook for 8–10 minutes or until the pasta is 'al dente'. Add the spinach and cannellini beans and cook until the water begins to simmer.
3. Season with pepper and serve topped with grated parmesan.

Send us a photo of your favourite soup or quick meal and we will include it in our spring edition. Email [ageingwell@cityofadelaide.com.au](mailto:ageingwell@cityofadelaide.com.au)

# CITY GRAPEVINE



Discover the stories that shape our city