

ZEST for LIFE

CELEBRATING
POSITIVE
AGEING

4–17 August 2025

Celebrate your zest for life and
join our exciting program of events
that enhance positive ageing and
Community Well-being.

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 scan the QR Code below.



**Bookings essential
for all events.**



COME & TRY

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EDIBLE ART: CUPCAKE EDITION

Join us for a fun, hands-on cupcake workshop! You'll mix, bake and decorate your own cupcakes, learning buttercream piping and using a range of edible toppings.

Everyone will get to decorate and take home 4–6 custom cupcakes—perfect for sharing (or not!).

Date: Tuesday 5 August

Time: 10.00am–12.00noon

Venue: Norwood Commercial Kitchen, 59 Queen St, Norwood

Cost: \$10

BOCCE WITH FOGOLAR FURLAN

Step into Italian heritage with a game of bocce—an age-old sport that brings people together.

Learn its rich history and how to play with Fogolar Furlan, Adelaide's oldest regional Italian club.

Then unwind over a light lunch in their warm, family-friendly osteria, where tradition meets community.

Date: Thursday 7 August

Time: 10.30am–1.00pm

Venue: Fogolar Furlan, 69 Briar Rd, Felixstow

Cost: \$15

NONNA'S PASTA CLASS

Join this hands-on class led by passionate staff and volunteers from the Coordinating Italian Committee.

You'll learn to make fresh pasta from scratch and enjoy a tasty sample of your creations. Come hungry, leave inspired—Buon Appetito!

*Please note: the pasta prepared in this class contains gluten and is not gluten-free.

Date: Thursday 14 August

Time: 10.00am–1.00pm

Venue: St Peters Banquet Hall, 101 Payneham Rd,
St Peters

Cost: \$8

BLOOMS & BRUSHES

Paint a vase full of beautiful Australian flowers on canvas at this relaxed and creative art class.

Follow a step-by-step demonstration and learn painting techniques or take a freestyle approach and make the artwork your own. All art supplies provided.

The focus is on having fun, exploring your creativity and enjoying the experience in a supportive environment.

Date: Friday 15 August

Time: 10.30am–1.00pm

Venue: St Peters Banquet Hall, 101 Payneham Rd,
St Peters

Cost: \$15

SEMINARS & WORKSHOPS

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HEALTH BENEFITS OF THE MEDITERRANEAN DIET

Discover the Mediterranean Diet—a delicious, wholesome way of eating that highlights fresh fruits and vegetables, whole grains, legumes, nuts, olive oil and lean proteins.

Backed by science, this diet is linked to lower risks of heart disease, type 2 diabetes, and some cancers. More than just food, it encourages a balanced lifestyle with social connection and mindful eating.

Join us to learn how this approach can boost your health and well-being.

Date: Monday 4 August

Time: 10.30am–12.00noon

Venue: Payneham Library, 2 Turner St, Felixstow

Cost: Free

HAND ARTHRITIS WITH FULL CIRCLE HAND THERAPY

Take part in a workshop presented by Full Circle Hand Therapy.

Learn about hand arthritis—its causes, symptoms, risk factors and how common it is.

Discover how occupational therapy can help manage symptoms and delay the need for surgery.

This session will also cover joint protection tips, safe at-home exercises and an introduction to helpful adaptive equipment.

Date: Monday 4 August

Time: 1.45pm for a 2.00pm start–3.00pm

Venue: St Peters Banquet Hall, 101 Payneham Rd,
St Peters

Cost: Free

STORYTIME & SONGS WITH GRANDPARENTS

Join us for a special Storytime where grandparents and grandchildren can share a joyful morning together.

Enjoy classic stories, timeless songs, nursery rhymes and playful activities that connect generations.

Afterwards, stay for a relaxed morning tea—a chance to chat, unwind and enjoy the warmth of our community

Date: Friday 8 August

Time: 10.30am–11.30am

Venue: St Peters Banquet Hall, 101 Payneham Rd,
St Peters

Cost: Free

MESS TO LESS – DECLUTTERING

A practical decluttering workshop designed to help you take control of your space. Explore why we hold onto things, how clutter impacts our lives and what makes it so hard to let go. You'll gain simple strategies to overcome emotional and mental barriers, so you can create a home that feels calm, clear and truly yours.

Date: Saturday 9 August

Time: 10.30am–12.30pm

Venue: St Peters Banquet Hall, 101 Payneham Rd,
St Peters

Cost: \$5

BUILD YOUR OWN TERRARIUM

Create your own miniature world in this fun and hands-on terrarium workshop. Learn the simple steps to design, build and care for your own terrarium using a variety of plants, materials and ornaments, all supplied. With guidance and inspiration provided, it's a creative and social experience perfect for beginners and plant lovers alike.

Leave with your own unique creation!

Date: Monday 11 August

Time: 10.00am–12.00noon

Venue: Don Pyatt Hall, 175 The Parade, Norwood
(Entrance via George Street)

Cost: \$10

ONLINE SAFETY AND CYBERCRIME AWARENESS

Sergeant Dave Mitchell and Constable Max Allison from SAPOL's Cybercrime Training and Prevention Section will share insights into today's cybercrime landscape, common scams and real victim stories.

Learn how to protect yourself online with practical prevention tips and an overview of SAPOL's investigative capabilities and support services.

Date: Tuesday 12 August

Time: 9.30am–11.00am

Venue: Don Pyatt Hall, 175 The Parade, Norwood
(Entrance via George Street)

Cost: Free

ENIGMATIC. MY DEAR WATSON: THE LIFE OF SIR ARTHUR CONAN DOYLE

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Sir Arthur Conan Doyle is best known to us as the creator of Sherlock Holmes. But this fascinating man was far more than that: a wide-ranging writer, an amateur detective in his own right and a spiritualist.

This illustrated talk from local crime writer David Kilner will explore his life from a broad perspective.

Date: Friday 15 August

Time: 11.00am–12.00noon

Venue: Payneham Library, 2 Turner St, Felixstow

Cost: Free



TOURS

VISIT VIRGINIA NURSERY FOLLOWED BY LUNCH AT THE V HOTEL

Board the Community Bus for a drive to Virginia Nursery, Adelaide's largest retail garden centre, with an unrivalled selection of plants and trees.

Also nestled within the leafy surrounds of Virginia Home & Garden, there is a lovely gift shop showcasing the latest trends in home décor, giftware and kitchenware.

After all that shopping it will be time for a coffee or lunch break at the V Hotel, located just down the road.

Date: Friday 8 August 2025

Time: 9.45am arrival for a 10.00am departure.
Bus departing Virginia around 2.30pm.

Venue: Meet the bus at the Council Depot,
30 Davis Rd, Glynde

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

Discover hidden treasures in local op shops, from stylish fashion and timeless books to unique antiques and rare finds.

Join us for a fun-filled day of guilt-free retail therapy as we hunt for bargains and help support those who need it most.

Date: Wednesday 13 August

Time: 9.15am arrival for a 9.30am departure.
Bus returning to the Norwood Oval around 1.30pm.

Venue: Meet the bus at the Norwood Oval, The Parade

Cost: \$10

A DAY IN THE ADELAIDE HILLS

Commencing with a visit to Melba's Chocolates & Confectionery in Woodside, where you'll learn about the history of the site and have time to browse and buy some sweet treats.

Next, we'll head to Udder Delights at Grunthal Brew in Verdun for a cheese tasting or coffee, a bite to eat and a chance to shop. The day ends with free time in Hahndorf—perfect for exploring local shops or enjoying a relaxing lunch at a venue of your choice.

Date: Friday 15 August

Time: 9.15am arrival for a 9.30am departure.
Bus departing Hahndorf around 3.30pm.

Venue: Meet the bus at the Council Depot,
30 Davis Rd, Glynde

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

ENTERTAINMENT

CLASSIC CINEMA WITH KANOPY

Suspicion (1941)

(Rated PG, 99 minutes)

This classic 1941 film, directed by Alfred Hitchcock, follows wealthy and sheltered Lina McLaidlaw, who falls for the charming but reckless Johnnie Aysgarth. Despite warnings that Johnnie is a fortune hunter, Lina marries him and stays loyal as he moves from one shady scheme to another. Slowly, Lina begins to suspect Johnnie plans to kill her to claim her inheritance.

Date: Thursday 7 August

Time: 2.00pm (doors open at 1.50pm)

Venue: Payneham Library, 2 Turner St, Felixstow

Cost: Free

In 1884, a group of 14 musicians from the Adelaide Metropolitan Foot Police came together to form Australia's first Police Band. What began as a volunteer brass ensemble has evolved into the renowned Band of the South Australian Police, now performing at hundreds of community and government events each year—an ever-growing presence in the state's cultural life.

Join us for a light morning tea and enjoy a performance by the talented SAPOL Band.

Date: Wednesday 13 August

Time: 10.00am–11.30am

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

Cost: \$10





MOVIE AT THE LIBRARY

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(Rated PG, 2 hours)

Join us to watch a 2024 thriller that unveils one of the world's most secretive traditions—the selection of a new pope. In the Vatican's locked halls, the Church's top leaders gather, with Cardinal Lawrence (Ralph Fiennes) at the heart of the process. As he navigates this covert event, he uncovers a conspiracy and a secret that could shake the very foundation of the Church.

Date: Wednesday 13 August

Time: 2.00pm (doors open at 1.50pm)

Venue: Payneham Library, 2 Turner St, Felixstow

Cost: Free

GLOBAL QUIZ

Join us for a fun afternoon and test your trivia knowledge! We'll take part in Teamific Global Quiz's monthly interactive quiz, with questions designed to be accessible by most, while still challenging for seasoned quiz-goers.

Depending on numbers, we'll play as one big team, or split into smaller teams, going up against other teams around Australia.

Date: Thursday 14 August

Time: 2.00pm–3.00pm

Venue: Payneham Library, 2 Turner St, Felixstow

Cost: Free

TASTINGS

WINE & CHOCOLATE PAIRING

Indulge in a wine & chocolate pairing at Vineyard Road's Kent Town Cellar Door. Discover the perfect match as you sample a curated selection of regional Vineyard Road wines paired with handcrafted, hand-tempered Barossa Valley chocolates—an experience designed to delight your senses.

Date: Wednesday 6 August

Time: 2.00pm–3.00pm

Venue: Vineyard Road Cellar Door, 105 King William St, Kent Town

Cost: \$5

GIN AT REFORM DISTILLING

Join us at Reform Distilling for a guided gin tasting that showcases their small-batch, handcrafted gin. Explore a curated selection of signature and seasonal gins while learning about the botanicals and distilling techniques that make each bottle unique.

Date: Thursday 14 August

Time: 2.30pm–3.30pm

Venue: Reform Distilling, 91 Little Rundle St, Kent Town

Cost: \$10



FESTIVAL CALENDAR AUGUST 2025

MONDAY 4

Health Benefits of the Mediterranean Diet

10.30am–12.00noon | Page 3

Hand Arthritis Workshop

10.30am–12.00noon | Page 4

TUESDAY 5

Edible Art: Cupcake Edition

10.00am–12.00noon | Page 1

WEDNESDAY 6

Wine & Chocolate Pairing

2.00pm–3.00pm | Page 14

THURSDAY 7

Bocce with Fogolar Furlan

10.30am–1.00pm | Page 1

Classic Cinema – Suspicion (1941)

2.00pm | Page 10

FRIDAY 8

Virginia Nursery Tour (with lunch at V Hotel)

9.45am–2.30pm | Page 8

Storytime & Songs with Grandparents

10.30am–11.30am | Page 5

SATURDAY 9

Mess to Less—Decluttering

10.30am–12.30pm | Page 5

MONDAY 11

Build Your Own Terrarium

10.00am–12.00noon | Page 6

TUESDAY 12

Online Safety and Cybercrime Awareness

9.30am–11.00am | Page 6

WEDNESDAY 13

Op Shops Tour

9.15am–1.30pm | Page 9

SAPOL Band In Concert

10.00am–11.30am | Page 11

Movie at the Library

2.00pm | Page 13

THURSDAY 14

Nonna's Pasta Class

10.00am–1.00pm | Page 2

Global Quiz

2.00pm–3.00pm | Page 13

Gin at Reform Distilling

2.30pm–3.30pm | Page 15

FRIDAY 15

Adelaide Hills Tour

(Melba's, Udder Delights, Hahndorf)

9.15am–3.30pm | Page 9

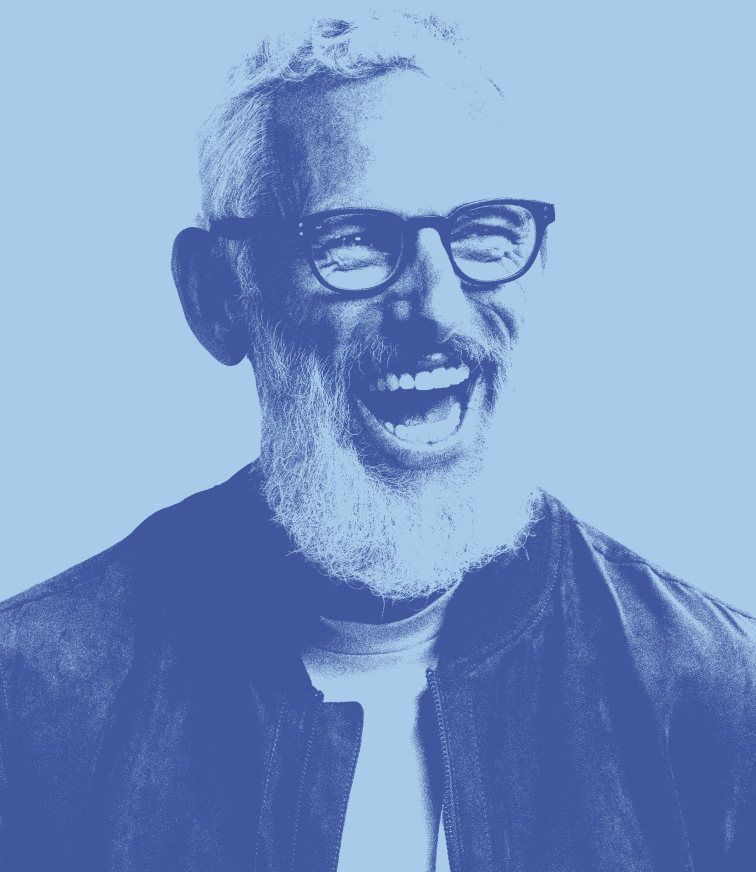
Blooms & Brushes Painting Workshop

10.30am–1.00pm | Page 2

Talk: Life of Sir Arthur Conan Doyle

1.00am–12.00noon | Page 7

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