



TreesForLife



# Regenerate

## In the Adelaide Park Lands

**Being outside in nature is great for your mental health and wellbeing.**

You're invited to join us in the Adelaide Park Lands to try bushcare followed by a guided walk in nature.

The Park Lands is the perfect place to connect safely with other people, particularly if you are feeling lonely or isolated. City of Adelaide residents 55+ and international students are encouraged to attend.

A healthy lunch is provided.

From 10.00 am to 1.00 pm

Please turn over for list of dates and locations.

**REGISTRATIONS ESSENTIAL**

8406 0500 | [info@treesforlife.org.au](mailto:info@treesforlife.org.au)  
[www.treesforlife.org.au](http://www.treesforlife.org.au)



CITY OF  
ADELAIDE

# CALENDAR OF EVENTS 2024

Month	Day	Location	Activity
<b>February</b>	Saturday 3	River Torrens	Cultural Tour with Uncle Frank Wanganeen, along the River Torrens
	Friday 16	Tuthangga (Park 17) & GS Kingston Park (Park 23)	Bushcare & Wirrarninithi Nature Walk
	Monday 26	Tuthangga (Park 17)	Bushcare & History Walk & Talk
<b>March</b>	Wednesday 6	Nantu Wama (Park 6)	Bushcare for rare species & Nature Walk
	Thursday 21	Pakapakanthi (Park 16)	Bushcare at Victoria Park & Nature Walk
<b>April</b>	Wednesday 3	Pakapakanthi (Park 16)	Bushcare at Victoria Park & Trip to Breakout Creek Development
	Friday 12	Tuthangga (Park 17)	Bushcare & Botanic Gardens Wetlands
	Monday 22	Tuthangga (Park 17)	Bushcare & West Terrace Cemetery Old Growth Native Plants
<b>June</b>	Friday 7	Nantu Wama (Park 6)	Planting of rare and threatened species

Tuthangga (Park 17) – Eastern end of South Terrace, Adelaide  
Nantu Wama (Park 6) – Kingston Terrace East, North Adelaide  
Pakapakanthi (Park 16) – Victoria Park, Eastern end of South Tce,  
Adelaide

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