



**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 2023

Month	Day	Location	Activity
July	Wednesday 19	Tuthangga (Park 17)	2023 Launch & Bushcare
August	Friday 4	Tuthangga (Park 17)	Bushcare & Nature Walk
	Monday 14	Nantu Wama (Park 6)	Planting Rare Native Species
	Wednesday 30	Tuthangga (Park 17)	Bushcare & Citizen Science with iNaturalist
September	Friday 15	Nantu Wama (Park 6)	Planting Rare Native Species
	Saturday 30	Tuthangga (Park 17)	Bushcare & Cultural Awareness Kurna Walk
October	Wednesday 4	Tuthangga (Park 17)	Celebrating Active Aging Week: Bushcare & Nature Walk
	Monday 9	Tuthangga (Park 17)	Nature Festival: Bushcare & Native Plant Propagation
	Thursday 19	Tuthangga (Park 17)	Bushcare & Aussie Bird Count for National Bird Week
	Friday 27	Tuthangga (Park 17)	World Urban Parks Congress: Bushcare & Nature Walk
November	Monday 6	Tuthangga (Park 17)	Bushcare & Cultural Awareness Kurna Walk
	Wednesday 22	Nantu Wama (Park 6)	Bushcare & Nature Walk
December	Saturday 9	Tuthangga (Park 17)	Bushcare & Native Seed Collection
	Thursday 21	Tuthangga (Park 17)	Bushcare & End of Year Picnic

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

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