



Social Links Program

FLEURIEU REGION



Good Lives for
Older People

Looking for something new to do?

ACH Group's social activities offer opportunities for you to get out and about, discover new interests and be part of your community.

Through a range of local group or one-to-one activities, we can help you maintain your social interests or foster new ones.

Whether in your home or out in the community, we will work with you to find activities and interests that suit you. Bring your partner or a friend or come along by yourself - all welcome!

If you are aged 65+ years (or 50+ years for ATSI), please call **1300 224 477** to find out more.

Transport is available on request and people living with dementia or who require assistance with mobility are welcome and encouraged.

MONDAY

Getting Connected

Computer/tablet/smart phone tuition. Victor Harbor.

TUESDAY

4th Tuesday Book Group

10am – 11.30am

Guest speakers, discussions about books and a love of reading. Yankalilla.

Getting Connected

Computer/tablet/smart phone tuition. Victor Harbor.

WEDNESDAY

Getting Connected

Drop in tech help. Normanville.

Activity Day

10am - 3pm

Fortnightly Wednesday. Exercise, art and craft, games, quizzes, guest speakers, entertainment, lunch provided. Yankalilla.



THURSDAY

Easy Moves **9.15am - 10.15am** **Exercise Class**

Chair based TaiChi and exercises to increase strength, flexibility and balance. Yankalilla.

Garden2Garden **10.30am - 12pm**

A rotating series where garden lovers meet at each others gardens to participate in small gardening projects and discuss anything and everything about gardening.

If you are interested in gardening or gardens, enjoy pottering or planting, have a vegie patch or a few favourite potted plants, this group is for you. A different garden to visit each week.

MONTHLY

Night Out **5pm - 7pm**

4th Tuesday of month. A night out for a meal with support from Program assistant – pub, cafe or fish and chips. During warmer months takeaway fish and chips in a picnic setting at local parks. Various venues.

Upcycling Tours **11am-3pm**

Thursday dates to be determined. Visits to recycling shops for a bargain or two. Take the opportunity to declutter and donate unwanted goods to charity.



OCCASIONAL

Tech Talks

Information sessions on various technology subjects are held throughout the year in Yankalilla and Victor Harbor.

Western Fleurieu **Social Connections Group**

Outings supported by ACH Group staff and volunteers at various times throughout the year.

Trailblazers **2pm - 3.30pm** **Travel Group**

Members of the group are individually counting steps using a pedometer provided and their steps are collectively counted as they “virtually” walk the trails of the world.

Every 3 months the group gather and discuss their progress, fitness and share stories of their own travels and places of interest.

Expression of Interest - New Social Program in 2017

MENS LUNCH GROUP

Meet for lunch monthly and participate in lively discussion over good food at local eateries in Victor Harbor. Transport can be arranged. Call 1300 22 44 77 today.



Social Links programs encourage and support you to connect with your local community through a range of local group or individual activities.

Call **1300 22 44 77** to find out more.

Please note:

This information is valid from December 2016, all programs are subject to change.

Aged Care & Housing Group Inc.

ABN 99 437 071 895

Supported by the Australian Government Department of Health.

Visit the Department of Health website (www.health.gov.au) for more information.

Although funding for these classes has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

ACH Group is a not-for-profit community organisation promoting opportunities and services to support good lives for older people.



achgroup.org.au



1300 22 44 77



ACH Group



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