

Media Release

IMMEDIATE RELEASE
February 2017



Try something new in 2017

Are you a budding photographer? Keen to brush up on your creative writing skills? Or maybe you've always wanted to try kayaking?

ACH Group is offering a range of brand new experiences for people keen to get out and about, make new friends and try something new in 2017.

This year's Social Links Program covers a wide variety of interests and includes one to one or group activities across Adelaide and the Fleurieu Peninsula.

"The aim of our program is to encourage you to connect with your local community, discover new interests and meet with like-minded friendly people," says Katey Elding, ACH Group's Social Inclusion and Program Manager. "We recognise that not everyone is interested in doing the same thing. We'd love to hear from anyone who has a suggestion about something new they would like to try."

New programs this year include Personal Life Stories, where stories are captured and recorded, a Garden2Garden program inviting gardeners to visit one another's gardens, a Swing Fit Brain Health golf class for women aged 50 to 70 years with mild cognitive impairment or younger onset dementia, and Photography Lovers, a photography group that aims to produce work to exhibit in this year's SALA festival, a theatre group and concert series.

Scoffed Cooking School at St Morris will run a series of 'Virgin Foodies' Cooking Workshops, teaching new cooking techniques and a variety of interesting and nutritious meals.

Upcycling Tours is a monthly program that will see a group visit specialty and recycling shops to find treasure or declutter and donate goods to charity.

Knitters and Crochet that Make a Difference is a 10-week program that will be held at a local café with all goods produced donated to a cause of the group's choice.

Other programs include a creative writing class on the Fleurieu, a group for theatre enthusiasts, a Just Blokes group, social darts, bowling and snooker, and a Springboard into Life Experiences group that includes kayaking, walking tours, bike tours and more.

Find out more and register your interest before February 28 at <http://achgroup.org.au/social-activities/programs/>

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About ACH Group

ACH Group is a not-for-profit aged care organisation that has been offering services to support good lives for older people in South Australia since 1952. As well as accommodation options across Adelaide, the Fleurieu Peninsula and East Melbourne, the group offers a range of health, wellbeing, respite and support services, help at home and social activities. Our 1700 specialist staff and hundreds of volunteers share the belief that older people should be valued and respected, connected to their communities and in control of their lives.

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