



Social Links Program

WESTERN ADELAIDE



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.

OTHER

Computer/iPad training. Individual tuition in your home on request.

MONDAY

Learn, Create, Share 10am-3pm

Come for an hour of chair based exercise to improve your core strength and balance, or stay for the day which will include lunch, board games, cards, art and craft and photography. Learn new skills, create art and craft, share stories and skills you have with others. Are you crafty, handy with an iPad, a "happy snapper", photography buff or a wiz at card games, and want to share your talents with others? Contact Louise Bower, Advisor.

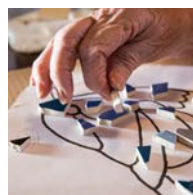
WEDNESDAY

Sing for Joy 10am - 12pm

Come and experience the fun and enjoy the social, psychological, spiritual and health benefits belonging to a singing group can bring. Church of Christ, Gordon St Glenelg.

Light Exercise 10.15am - 11.15am Class

Low impact exercise class focussing on individuals strength & balance. Enjoy the benefits attending an exercise class can bring. Plympton RSL - 464 Marion Rd Plympton.



THURSDAY

Getting Connected at Bower Cottage

iPad/tablet/smartphone tuition. Half hour or hourly individual tuition.

9am-1pm. Bower Cottage Board Room, 200 Bower Road, Semaphore.

Commencing June 2017

Charity Knitters/crochet buffs

Various locations (café's or be a host in your own home). 10-11.30am.

Get together and create for charity, meet new friends, give back to the community. **June-October.**

Garden2Garden 10.30am-12pm

If you love gardening, want to share your knowledge with others, work as a group to grow in the community plot or host a session and viewing of your own garden this group is for you.

Bower Cottage Community Garden plot. **Commencing June 2017.**

OCCASIONAL

A Moment In Time

Visit various venues for music concerts – classical, jazz and contemporary music. The days and times will vary depending on the venue.

A Better Way to Enjoy Theatre

Enjoy the company of others while attending the theatre – whether it be a musical, drama or comedy. The days and times will vary depending on the venue.



MONTHLY

Day Tours

Visit places of interest, meet new people, make new friends.

Tech Talks

1.30pm-2.20pm

4th Thursday of each month. Learn about fun and interesting websites and apps on your iPad/tablet/smart phone. 200 Bower Road, Semaphore.

Commencing June 2017.

Just Blokes meeting place 12.30pm

1st Thursday of each month. Blokes will meet in the boardroom to head out together for a pub lunch or activity with group facilitator. Cuppa afterwards (around 4pm).

Commencing June 2017.

Charity knitters/crochet buffs

planning sessions 1.30pm-2.30pm

3rd Thursday of each month. meet to discuss patterns, projects and knit/crochet together. Bower Cottage Board Room, 200 Bower Road, Semaphore. **Commencing June 2017. (June – October).**

History Hunters

1.30pm-2.30pm

2nd Thursday of each month. (History Hunter outings will be from 1.00-4.30pm). Learn about the local area, other parts of SA, genealogy using the internet, state library records, migration museum. Visit places of historical interest or research venues every second month. **Commencing June 2017.**

Expression of Interest - REGISTER NOW!

New Social Programs in 2017

Canoeing and kayaking for beginners.

We are currently seeking interest in a small group being given basic instruction with a qualified instructor on the Patawalonga River, Glenelg. Details are still being finalised and will depend on interest if this activity is to go ahead. You will need to be physically able to get in and out of a canoe, and upper body strength to paddle. The ability to tread water or swim is a must!

Join us for the Heart Foundation endorsed Walking Groups

- Semaphore coastal walk
- Somerton to the Bay coast walk
- Sturt River linear track – Oaklands Park
- West Torrens Linear track, Lockleys
- Taperoo coastal walk
- Hallett Cove Boardwalk

Springboard to fitness and at a pace you are comfortable with. Staff will walk with you whilst you enjoy the scenery and company. Distance will be determined each time. For at least 3 people per group.

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 April 2017, 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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