



Sing for Joy Choir

Social Links Program

NORTHERN 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 22 44 77** 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

Art Group 9.30am - 12.00pm
(Not the DaVinci's)

Enjoy the benefits creativity can bring. In this group you can choose from a variety of mediums, e.g. painting or sketching to match your own unique interests. No experience required. We have an experienced artist on site to assist if required. Wynn Vale.

Out & About 11am - 3pm

Memory loss specific group who decide on their outing each week to enjoy a new experience and lunch together. High staff ratio to support individual needs. Come along for the ride and enjoy visiting places you may not have seen in a while. Pick up from home. Various locations.

Photography Lovers Fortnightly

Photography lovers runs for 10 sessions where you will interact with like-minded passionate photographers to produce photos and images either to keep for yourself or exhibition. Inclusive of beginners.

TUESDAY

Sing For Joy 9.30am - 11.30am
Wynn Vale

Come and experience the fun and enjoy the social, psychological, spiritual and health benefits the belonging to a singing group can bring.



TUESDAY cont.

Exercise Class 10am - 11am
11am - 12pm

Hillier Park Residential Park
Facilitated by a fitness leader offering a low impact exercise class focussing on individuals strength and balance. Enjoy the benefits attending an exercise class can bring.

Exercise Class 3.30pm - 4.30pm
Palms Residential Park
Facilitated by a fitness leader offering a low impact exercise class focussing on individuals strength and balance. Enjoy the benefits attending an exercise class can bring.

WEDNESDAY

Just Blokes 12pm - 4pm
Fortnightly

A group designed by blokes, for blokes to do things that blokes enjoy doing! Visiting different destinations that are of interest to blokes. Pick up from home. Various locations.

THURSDAY

Exercise Group 3.30pm - 4.30pm
Palms Residential Village
Facilitated by a fitness leader offering a low impact exercise class focussing on individuals strength and balance. Enjoy the benefits attending an exercise class can bring.



MONTHLY

Movie Group 10am - 2pm
Gawler Cinemas
4th Thursday of each month at Gawler Cinemas, morning tea and light lunch following the film.

Day Tours
1st Wednesday of the month. Visiting different interesting destinations. Various locations.

Hot Rodders **Expression of interest**
Are you a rev head at heart and like an opportunity to see a Hot Rod up close? Take a look at a classic and perhaps even a drive (in the passenger seat of course). The owners of this Hot Rod have spent many years restoring this classic and would love to share it with others. Call Leanne DeVries on 1300 224 477 to express your interest.

Upcycling tours
Enjoy visits to speciality and recycling shops for bargains or two. Take the opportunity to find a treasure or declutter and donate unwanted goods to charity.

Fishing
What a Catch, join a group of anglers to fish from different locations.

Matinee Series
Join a group of theatre lovers to explore local theatre shows.

ONE-TO-ONE ACTIVITIES

Personal Life Stories

A Personal Life Story is a reflection on a person's life and the events that have shaped the,. Work with specialist trained staff to create your story in your chosen format and choose to share with family and friends, use as a memory resource or keep privately.

iPad and Computer Lessons

Get to know your iPad or computer a little better, learn social media, how to create CDs and more with one on one support, in your own home or the community.

ONE-TO-ONE ACTIVITIES cont.

Sharing Interests and Skills

We will match you with someone who shares your specific hobby or interest so you can enjoy some one on one time learning and sharing skills in your own home or the community.

This information is valid from April 2017, all programs are subject to change.

Aged Care & Housing Group Inc.
ABN 99 437 071 895

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

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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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