



Social Links Program

SOUTHERN 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.



MONDAY

Coffee Club 9.30am – 12.30pm
Have a chat over a morning coffee.
Christie Downs.

Chi Ball 10am – 11.30am
Gentle exercise. Mondays. Elkanah.

Social Links 10am – 2pm
Supported social group (see tailored program). 1st, 3rd & 5th Monday of month. Coromandel Community Centre.

iPad Training 1:1 10am – 12pm
12.30pm – 2.30pm
Get to know your iPad with support in a group setting. 2nd and 4th Monday of month. Coromandel Community Centre.

Talking Heads Discussion Group 1.30pm - 3.30pm
Discuss topics of interest. McLaren Vale and Christie Downs.

TUESDAY

Social Links 9.30am – 2pm

Supported social group (see tailored program). McLaren Vale.

Exercise Program 1pm – 2pm

Easy moves and gentle exercise program. McLaren Vale.

Art for Fun 1pm – 3pm

Express your creativity. McLaren Vale.

WEDNESDAY

Fishing Group 9am – 12pm

Fortnightly. Christie Downs.

Coffee Club 9.30am – 12.30pm

Have a chat over a morning coffee. Christie Downs.

Social Links 10am – 2pm

Supported social group (see tailored program). Aberfoyle Community Centre.

Chi Ball 1pm – 2pm

Gentle exercise. McLaren Vale.

Computer/iPad Group 12pm – 3pm **Ancestry**

Discover your IT talents. McLaren Vale.

Sing for Joy 1.30pm – 3pm

Singing is fun and good for you.

No experience required. Seaford Ecumenical Centre.

Tai Chi 2pm – 3pm

Relaxing exercises. McLaren Vale.

THURSDAY

Walking Group 9.30am – 10.30am

Exploring different walking trails in a group. McLaren Vale.

Social Links 9.30am – 2pm

Supported social group (see tailored program). McLaren Vale.

Mosaics 10am – 11am

Learn how to create mosaics. McLaren Vale.

Mens Shed 10am – 2pm

Enjoy working on projects from the shed. Aberfoyle Park.

FRIDAY

Riverside Artists 9.30am – 1pm

Supported group for artists. Work on individual pieces. Participate in themed group projects Port Noarlunga Arts Centre.

Social Links 9.30am – 2.30pm

Supported social group (see tailored program). Aldinga Senior Citizens Centre.

Chi Ball 10am – 11am

Gentle exercise. Aldinga Senior Citizens Centre.

Mens Shed 10am – 2pm

Enjoy working on projects from the shed. Aberfoyle Park.

Social Links 10am – 3pm

Supported social group (see tailored program). McLaren Vale.

More programs listed over the page >

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.

SATURDAY

Men's Program 9am – 12pm

Supported social group (see tailored program). Fortnightly. McLaren Vale.

Social Links 9.30am – 1.30pm

Supported social group (see tailored program). Fortnightly. McLaren Vale.

MONTHLY

Health Information 10am - 11.30am

Various topics (see program). 1st Thursday of month. Elkanah.

Health Information 10.30am - 12pm

Various topics (see program). Last Wednesday of month. McLaren Vale Lodge.

MONTHLY continued

Fun with Music 10am - 12pm

Are you looking for an opportunity to get together for a 'jam session'? 3rd Monday of month. McLaren Vale.

Quilters and Knitters 10am – 2pm

Crafting in a group of other creative people. 2nd Monday of month. McLaren Vale.

Hunting History 10am – 3pm

Visit local places of interest. 4th Friday of month. McLaren Vale.

Movie Buff Group

Get out to the big screen. Monthly. Meet at Noarlunga Cinema.

GOOD LIVES PROJECT GROUPS (SHORT TERM)

Photography Project 9.30 – 11.30am

Is photography something you are passionate about? 8 week themed projects. Tuesdays McLaren Vale Club.

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

Founded in 1952, 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



@ACH_Group