



Social Art Group

# Social Links Program

EASTERN ADELAIDE

**ACH  
GROUP**

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

**Ladies Swim**      **9:30am - 10:30am**

Swim or have a relaxing spa at the North Adelaide Aquatic Centre. Runs during school term only.

**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

**Social Links Group**      **10am - 2:30pm**

**Osmond Terrace, Norwood**

This group is supported to attend a variety of venues in the community. Based on availability (see tailored program).



## WEDNESDAY

### **Just Blokes Fortnightly** 12pm - 4pm

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 available. Various locations.

### **Art in Focus** 10am - 12pm

Weekly art group meeting at the Art House, 168 Montacute Road, Newton.

### **Learn, Create, Share Mens Group** 10am - 3pm

Monthly snooker or bowls, newspaper discussions, word puzzles and cards. Shared lunch at the Salvation Army Hall, Florentine Avenue, Campbelltown.

### **Learn, Create, Share Ladies Group** 10am - 3pm

Newspaper discussions, word puzzles and cards. Shared lunch at the Salvation Army Hall, Florentine Avenue, Campbelltown.

## THURSDAY

### **'Sing for Joy' Choir** 1:30 - 3:30pm Campbelltown

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



## THURSDAY cont.

### **Learn, Create, Share** 10am - 3pm

Salvation Army Hall, Florentine Avenue, Campbelltown  
Newspaper discussions, craft, knitting, word puzzles and cards. Shared lunch. Choir and baking in the afternoon. Afternoon tea out and short walk to take photographs for SALA exhibit.

## FRIDAY

### **Social Links Group** 10am - 2:30pm Tusmore

This group is supported to attend a variety of venues in the community. Based on availability (see tailored program).

## MONTHLY

### **Movie Group** 10:00am

Wednesdays at Hoyts Norwood, enjoy morning tea and a social movie, a great way to meet new people and relax.

### **Day Tours**

Various locations

1st Monday of the month. Visiting different interesting destinations.

## MONTHLY cont.

### Upcycling Tours

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

### Garden2Garden **1:30 - 3:30** Third Wednesday of the month

Learn from our horticultural expert how to repot plants, cut back flowers and propagate. Enjoy visits to one another's gardens as well as community gardens and centres for inspiration.

## 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.

### 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

Supported by the Australian Government Department of Health.

Visit the Department of Health website ([www.health.gov.au](http://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](http://achgroup.org.au)



1300 22 44 77



ACH Group



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